

21

Meditation Techniques

A Unique Collection Of Ancient Wisdom And Spiritual
Teachings Of Great Eastern Masters For Beginners.



By Shiva Girish

21 Meditation Techniques –

**A Unique Collection Of Ancient Wisdom And Spiritual Teachings
Of Great Eastern Masters For Beginners**

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**Smashwords Edition**

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**This 21 Meditations Book is a collection of varied meditation techniques that have been practiced over centuries in some of the oldest spiritual traditions of the world.**

**This Techniques Are Compiled From Following Sources Taught By Greatest Masters From Different Cultures In Past Centuries**

**Patanjali Yoga Sutra ( Hatha Yoga )**

**Buddhist Meditation Technique**

**( By Atisha Buddhist Master )**

**Kriya & Tantra Yoga ( By Babaji )**

**Sufism { By Gurdjieff & Jalaluddin Rumi }**

**Kashmir Shaivism ( Vigyan Bhairav Tantra ) By Lord Shiva**

## TABLE OF CONTENTS

[Preface](#)

[Disclaimer](#)

[Thank You](#)

[The First Thing is to Know What Meditation is:](#)

[--Difference between Meditation and Concentration](#)

[--Choosing a Meditation](#)

[About Active & Passive Meditation](#)

[--Active Meditation](#)

[--Few Characteristics Active Meditation](#)

[--Passive Meditation](#)

[--Why Should We Practice Active Meditation?](#)

[--Powerful Benefits of Active Meditation](#)

[--Physical Benefits of Meditation](#)

[--Mental Benefits of Meditation](#)

[--Emotional Benefits of Meditation](#)

[--Psychological Benefit of Meditation](#)

[--Spiritual Benefits of Meditation](#)

[--Benefits of Meditation for Professionals](#)

[Option No 1: Sukhasana](#)

[Option No 2: Siddhasana](#)

[Option No 3: Vajrasana](#)

[Option No 4: Shavasana](#)

[Option No 5: Chair Sitting Position](#)

[MUDRAS:](#)

[Chin Mudra](#)

[Jnana Mudra](#)

[Understanding Bandhas:](#)

[Mula Bandha:](#)

[Special Instructions You Must Read Before Starting Meditation Practice](#)

[Understanding About Seven Chakras](#)

[First Chakra – Root Chakra](#)

[Second Chakra – Sacral Chakra](#)

[Third Chakra – Solar Plexus Chakra](#)

[Fourth Chakra – \(Heart Chakra\)](#)

[Fifth Chakra – Throat Chakra](#)

[Sixth Chakra – \(Third Eye Chakra\)](#)

[Seventh Chakra – \(Crown Chakra\)](#)

[Introduction about Breathing \(Prana\)](#)

[--What Is Prana \(Breathe\)?](#)

[--Different Types of Prana?](#)

[--What Is Ida And Pingala Nadi?](#)

[Sushumna Nadi](#)

[--More Characteristics of Sushumna Nadi.](#)

[--Test Your per Minute Breathing Cycle](#)

[--Understanding Difference between Breathing Cycles](#)

[--Do You know Your Per Minute Breathing Cycle?](#)

[--Facts, Key Points, Statements & Understanding about Breath](#)

[Introduction about Kashmir Shaivism - Vigyan Bhairav Tantra](#)

[Introduction about Sound Meditation](#)

[--Few Benefits of Sound Or Mantra Meditation:](#)

[--Sound Meditation with Mantras](#)

[--Sound Meditation with Chakras](#)

[--Here is the list for chakra vowel sounds & chakra Bija Mantras:](#)

[Introduction about Mantra Meditations](#)

[1 Yogic Breathing Meditation Technique](#)

[2 Breath Awareness Meditation Technique](#)

[3 Breath Awareness Meditation \(Watching Gap\)](#)

[4 Heart Chakra Meditation](#)

[5 Atisha Heart Meditation](#)

[6 Spinal Tantra Breathing Meditation](#)

[7 Walking Breathing Meditation](#)

[8 Chakra Sound Meditation](#)

[9 Chakra Dance Meditation](#)

[10 Humming Sound Meditation](#)

[11 Laughing Meditation](#)

[12 Bija Mantra Meditation](#)

[13 So Hum Mantra Meditation](#)

[14 Name Mantra Meditation](#)

[15 Aum Mantra Meditation](#)

[16 Meditation Technique on Centering](#)

[17 Visual Meditation Technique](#)

[18 Tratak \(Eye Gazing meditation\)](#)

[19 Gurdjieff's Stop Exercise](#)

[20 Sufi Whirling Meditation](#)

[21 SanKalp Meditation Technique](#)

[Author's Bio:](#)

[Books By Shiva Girish](#)

## Preface

### What is in this Book?

This book titled “**21 Meditation Techniques**” is a collection of various meditation techniques that is being practiced over centuries and has been advised by most of the ancient spiritual traditions in this world and is proven in relaxing the mind. It is a step-by-step guide of 21 Meditation Techniques that can be practiced by modern men that enables the enfoldment of your spiritual power within and the inner peace.

This 21 Meditations Book is a collection of varied meditation techniques that have been practiced over centuries in different oldest spiritual traditions of the world. It's a Step-By-Step Guide For 21 Meditations Complied For Modern Men to Unfold Your Spiritual Power & Inner Peace.

### From Where This 21 Meditation Techniques Come From?

These techniques are drawn and compiled from the following sources, taught by the world's greatest spiritual masters from across different cultures over past centuries:

- Patanjali Yoga Sutra (Hatha Yoga)
- Buddhist Meditation Technique (By Atisha Buddhist Master)
- Kriya & Tantra Yoga (By Babaji)
- Sufism (By Gurdjieff & Jalaluddin Rumi, Sufi Masters)
- Kashmir Shaivism (Vigyan Bhairav Tantra, By Lord Shiva)

## **What it's about and how the book evolved?**

The book explores how a laymen or a yoga teacher can practice or teach traditional Indian & Buddhist meditation practices which was taught by great masters in different cultures and times in thousands of years around the world.

## **Who can use this book?**

This book is for any laymen, yoga teachers, healers, therapist, any corporate of the world or any company professional, who like explore something within yourself.

## **Why did I write it?**

Shiva - I spend 3 years in Osho Meditation Centre in Pune, last ten years of my life was dedicated for traveling all over India and learning different types of meditation techniques. In this 10 years journey, I was fortunate to get good and valuable information on different types of meditation practices from yogis, sadhus and tantrics of India. I spend my 3 years in one the biggest meditation centers in this world. For the past 4 years, my students often ask one single question: "How we can do meditation techniques by ourselves, what are the do's and don'ts, whether you can guide us", etc.

## **Most important fact about this book?**

This book is not just for reading and understanding the techniques, but in fact it's for reading & practicing the techniques, what I intended share with you

cannot be explained by the words in this book, but only by **experience!!!**

## **Disclaimer**

We have done our best to offer you the best of the content, however we feel that all varieties of Yoga or tantra meditation techniques may or may not fit a particular person due to some inherent reasons like medical condition, physical condition, climatic condition, body type and so on. Hence, Try & practice techniques mentioned in this book for few times see how it feels if some techniques doesn't suit you stop it immediately.

We request you to check with your health care professional before starting to practice any technique mentioned in this book. The information provided within is intended to be used under professional direction. It is not a substitute for medical care and tending. We are not responsible for the results of the technique practice from this book. The same applies to all the other material provided here, it is provided as it is with no guarantees or guaranties. We are not responsible for, and will not compensate in any way for, any loss or damage related directly or indirectly to the information in this book.

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## **Thank You**

**I wish to personally thank the following people for their contributions to my inspiration and knowledge and other help in creating this book:**

**Balyogi Prem Varni Ji for sharing knowledge about Pranayama & hatha yoga techniques (83 Year old Yogi Living in rishikesh in india)**

**Vova Polukhin From Russia for content editing & translated into Russian language <https://www.facebook.com/veloenot>**

**Katerina Kuksova from Russia for creative artwork of book (<http://www.ketekoks.ru/>)**

**Swami Antar Nivartan For Financial Support & Spiritual Guidance.  
(<http://www.Antarallay.com/>)**

## **The First Thing is to Know What Meditation is:**

Meditation is a state of being arrived at through understanding. Meditation does not need techniques, but requires intelligence as well as dedication. It is all about understanding the subtle workings of the subconscious mind.

- The only way to know what meditation truly is starts with experiencing the silence that one can achieve through meditation.
- Meditation is a state of no-mind. Mind is not the medium to meditate because mind perpetuates itself, leading to distraction and anxiety if unchecked.
- To meditate, you need a peaceful and calm mind. You will have to detach yourself from your mind to experience meditation. This requires practice and dedication to achieve fruition.
- The true state of meditation realizes “I am not the mind”.
- Through meditation, you can experience the beautiful moments of life such as silence, pure space, transparency, stillness, etc.
- During meditation, you can experience yourself as you truly are instead of how you perceive yourself to be, and the mystery that lies at the core of our existence.
- Meditation is the natural state of every being. Mind is unnatural. It is never in the absolute or the natural state. This natural state is similar to a lost paradise. However, it is possible to bring this paradise of in-the-moment consciousness back by practicing meditation.

# Difference between Meditation and Concentration

Many people are of the notion that mediation is nothing but concentration. The fact is that practicing meditation allows one to know the self, while concentration simply focuses on an external/internal object. Put another way, concentration allows one to know what is under a microscope of focus, whereas meditation allows one to fully understand one's own life, and how it fits into the cosmic tapestry.

- Concentration is dual while meditation is singular.
- One who meditates experiences the all-pervading Consciousness which connects all living things, while concentration simply focuses on one aspect of reality.
- Meditation is experiencing the beyond – from all the boundaries.
- Concentration makes the person tired after some time, but meditation does not.
- Concentration requires rest for the mind and body, but meditation is oneness, merging with the Consciousness and there is no mind at all!
- Meditation is beyond time, place, etc. It is complete from all dimensions bringing relaxation for the mind, body and soul.
- While concentration is a forced action, meditation happens naturally. It is realizing the being, one's own being.
- Meditation is just the present, beyond all the pasts and all future. In meditation, it is just the happening, witnessing the happening naturally.

## **Choosing a Meditation**

- Go through list of meditations techniques and try a few of them to identify that which appeals you.
- I suggest trying all breathing meditation first as it gives many benefits physically, emotional & mentally.
- If you are rushing yourself to learn many forms of meditation, you are missing the point. One should strive for simplicity, not complexity.

## **About Active & Passive Meditation**

# Active Meditation

**(Awareness through Movement and Expressive Arts)**

**Active Meditation is the process of inner witnessing presence while being engaged in activity.**

Modern men cannot meditate easily. That's why active meditation is very important as active meditation is the preparation for passive meditation. To experience meditative state of self-aware consciousness, we need to completely disengage from our thoughts, stressful ideas about past or future, emotions, and body at every given moment. Lot of time this is difficult, or almost impossible to achieve when person is physically, mentally, and emotionally stressed.

Through structured activity and body movement such as chaotic or rhythmic breathing, catharsis, expressive body movement, crying, laughter, shaking, jumping, free dance movement, whirling, gibberish, mantra chanting.

Active Meditation helps to first release physical or emotional stress, rebalance the mind and purify the body of the many layers of repressed thought, feelings and emotions accumulated in the body. Free expression of active body movement practiced in a well-considered and organized way naturally brings about physical, mental & emotional relaxation, which then helps us to prepare the necessary ground for self-observation and witnessing to happen naturally.

As far as the main goal is concerned there is no difference between active and passive meditations. The intention of both is the same - to prepare the body, empty the mind which leads to help us connect with our inner witnessing presence.

Both active and passive states are beautiful. It has a balancing nature. It is ideal to be active initially so that the passivity is followed naturally. Our mind or body can rest only if there is an activity. Without any action, there is no need of rest. When used in tandem the active and passive states have a synergistic effect which allows for a greater clarity of mind and value from meditation.

## Few Characteristics Active Meditation

- In active meditation, the objective of watching the movements helps people to come out of the negative thoughts that have been gathered during their daily activities.
- These negative thoughts will creates disturbance in the mind and therefore have to be expelled from the mind. The act of movement helps some to visualize expelling from the body, and therefore the mind.
- Through active mediation, the energy is dissipated and channelized properly. This will allow the natural silence and stillness of mind back, thereby improving wellness.
- Active meditation is helpful for people who find it tough to sit still and meditate. It is ideal for people who learn to increase awareness through movement and action. Exercise can be a form of active meditation, and is certainly one that many people use.
- The movements and physical exercises helps to awaken the energy, release it by relaxing the tensed muscles and then making the mind calm.
- Active meditation allows us to reclaim the joy of simply being alive as we are and to live the present moment, here and now.

## Passive Meditation

**Passive meditation** is just the opposite of Active one. While the previous techniques are practiced with the help of body movements and actions, passive one is for those who wish to take time to settle physically. In this technique, the mind is made calm by choosing a silent place, sitting calmly by withdrawing our senses from external objects and concentrating on the self. It is introversion where the focus is to see what is inside. This happens only when the mind is calm.

One of the easiest ways of doing passive meditation is to watch the breath. Watching the gap of the breath is also a good technique. Watching the gap between two breaths can give you a good experience of stillness. There are few passive meditation techniques mentioned in this book try all of them see which one you like.

## Why Should We Practice Active Meditation?

- Active meditation is meant for those who cannot sit and experience the silence inside. Rhythmic motions are used in place of stillness to hone the mind to a sort of white noise of movement, which some people prefer to the silence of stillness.
- The stress collected in the body and mind makes it almost impossible. Getting rid of tensions is essential before invoking the potential of our inner consciousness.
- Passive mode can be reached only by beginning with active mode.
- Awareness created through action brings the mind to a passive state without putting much effort.
- After the active mode, the passive state happens automatically.

# Powerful Benefits of Active Meditation

- Inner calmness and silence is attained, as well as alertness, and concentration with the power to bring peace within ourselves.
- Many situations that disturb our mind are automatically controlled through our continuous movement.
- With many active meditations, there is no suppression of emotions and thoughts which automatically reduce the anxiety and heal the emotional disturbances.
- The thinking process moves from logical and dimension to an intuitive level. Relationships with friends and family become more meaningful and enriched, as they are extended from a logical plane into a purely emotional one.
- The mind starts gaining self-confidence, acceptance and self-esteem. It increases the clarity of thoughts and sensibility.
- Our real inner being is experienced by learning to relax while being alone, and becoming comfortable with the idea of being ourselves, of being alone, and of knowing who we are.
- Our creativity increases with growth of spirituality, allowing one to transform into who one wishes to be.

## **Physical Benefits of Meditation**

- Makes body physically fit by concentrating on a goal or a particular situation.
- Immune system improves based on how much focus is gathered
- Blood and body are oxygenated properly.
- Blood pressure is controlled along with the heart rate, improving the longevity of life.
- Relief from stress and an increase in vitality due to understanding the impermanence of discomfort.
- With proper circulations of energy many emotional blockages are released, when you are less stressed and have no emotional blocks, you seem younger, more carefree and vital.
- Help's you to increase & organize body energy in a positive way.
- Improves your quality of sleep and allows one to fall asleep at will.

## **Mental Benefits of Meditation**

- Sense of responsibility increases, thoughts become critical and mind becomes decisive.
- Mind becomes detached from emotions experienced in the past, allowing you to be more able to make rational judgments.
- Self-communication improves with an understanding on the thought process and control over the thinking.
- Awareness of being in the present, instead of your psyche lingering in the past or on negative emotions

# **Emotional Benefits of Meditation**

## **JOY:**

- Meditation helps to release the unnecessary blocks that stop the natural happiness and joy from sprouting in the consciousness. The only way to truly enjoy life is to become closer with the infinite self.
- Meditation can actually help cure phobias, by processing them rationally from a viewpoint outside your own fear.

## **CALMNESS:**

- A person who meditates knows the thoughts arising in the mind, but is not controlled by them. For one who does not meditate, thoughts rule their actions, often in ways they do not understand.

## **COMPASSION:**

- Meditation makes the mind more compassionate. By cultivating unity and love, the mind starts seeing oneness in everything. Ego identification of the mind reduces by creating thoughtfulness and forgiveness.

## **EMOTIONAL STRENGTH:**

- Meditation helps one to become stronger internally. Anxiety, fear, worries etc. arising out of emotions gradually cease and your mind is stabilized by gaining freedom from all these distractions. Faith of the Self increases through intellectual thinking.
- Meditation uses visualization to control what emotions you wish you feel, and

in turn can be an incredible tool in subverting fear and anger.

### **EMOTIONAL BALANCE:**

- Balancing emotions is basically freedom from all the abnormal behavior arising from the ego. Such abnormal states can be overcome only by practicing meditation regularly. Through the cleaning process of the mind, freedom is gained and thus balancing becomes possible.
- Your thinking process will become more critical and mind gains decisive nature, allowing you to make snap judgments based on all the information you have, rather than guessing at what should be done because you feel rushed.
- Self-communication improves with a good understanding over the thoughts with greater control.

# **Psychological Benefit of Meditation**

- The mind becomes naturally calm and peaceful.
- Emotional nature of the mind starts balancing especially during deep crisis.
- Anger is released consciously, in a sublimated form.
- Emotional and physical trauma is released.
- Awareness increases along with self-esteem.
- Increasing faith in self due to having better relationships and a stronger spirit.
- Uncovering of innate personal intuition.
- Effortless relating to others.
- Thoughts are managed with better clarity.
- Dissolving social anxiety.
- Unconditional acceptance of yourself.
- Mental strength with increased patience and clarity with focus.
- Less anxiety and worries in situations.
- New found sense of responsibility and personal power.
- Disappearing comparison and judgment.

## **Spiritual Benefits of Meditation**

- The stillness of inner being is experienced within the present moment.
- Thoughts are witnessed along with bodily actions and other emotions.
- Consciousness grows gradually.
- Completeness and contentment is felt internally along with love.
- Identification with existence along with gratitude.
- Compassion increases with great appreciation for life.
- Surrender is achieved with deep respect for nature and the earth.

## **Benefits of Meditation for Professionals**

- For anyone who is living in professional life style, crisis management is naturally accomplished with balance of emotions. This allows one to fully focus on the task at hand, rather than worry about potential conflicts before they even arise.
- There is a great relief from the stress accumulated over the day. In any high stress job being able to meet catastrophe with a smile is required; losing your temper benefits no one. Only the truly balanced individual can be fully prepared for the challenges that lie in wait for them.

## Option No 1: Sukhasana



### ***What is Sukhasana***

To start with practice “Sukhasana,” the most comfortable posture for any beginner. This posture is easily accessible and as popular as easy pose for meditation. Breath control can be improved in this asana. It helps to open the groin and hips by strengthening the lower back.

### ***How To Practice Sukhasana***

- Cross your legs and place the outer edge of the raised foot onto the opposite leg's calf, thigh, or groin.
- Be mindful to alternate the crossing of your legs, to create even flexibility in

your legs and your hips.

- Place your hands on your knees.
- There can be a bending tendency in this posture; it is important to keep your spine straight. You can concentrate on any part of your body.

## Option No 2: Siddhasana

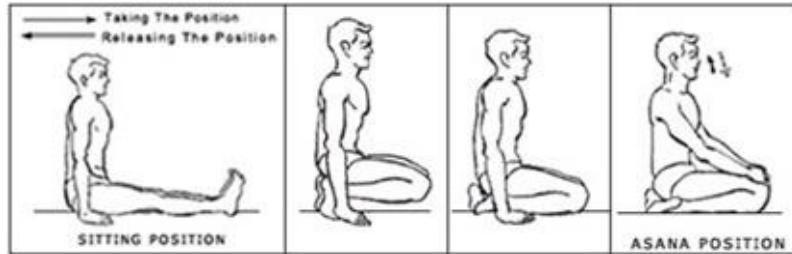


In Yoga, Siddhasana is the most suitable asana for meditation. While meditating, energy flows from the base of the spine (the perineum) to the crown of the head. Siddhasana automatically straightens the spine and activates the lower chakras allowing the practitioner to receive the maximum benefit in spiritual advancement. Through practicing and meditating in Siddhasana “perfection” is achieved. Siddhasana also controls and regulates the practitioner’s blood pressure rate.

## **How To Practice Siddhasana**

- Sit with a straight back and extend your legs forward.
- Bend your left leg and place the sole of your foot on your right thigh. Press the heel of your foot into your perineum.
- Place your right foot on top.
- Bring both heels as close to your body (groin) as possible.

## Option No 3: Vajrasana



### ***What is Vajrasana***

Vajrasana is called the thunderbolt pose and/or heroes pose. Vajrasana is the best posture for removing digestive disorders. If this asana is practiced after eating it can help combat indigestion, heartburn and assist in healthy digestion, assimilation, and elimination. Vajrasana also increases flexibility in the knees, thighs and hips. This posture can also be practiced by elderly people with disabilities.

### ***How to Practice Vajrasana***

- Kneel on the ground with your knees pointing forward, your heels on your sit bones and your toes pointing backwards. Bring your thighs together.
- Place your palms gently onto your knees.
- Stretch your spine vertically with the crown of your head extending to the sky.
- As you inhale deeply draw the abdominal region in and expand your chest.

## Option No 4: Shavasana

**(Lying Down Relaxation Asana Also Called As Corpse Pose)**



### ***What Is Shavasana***

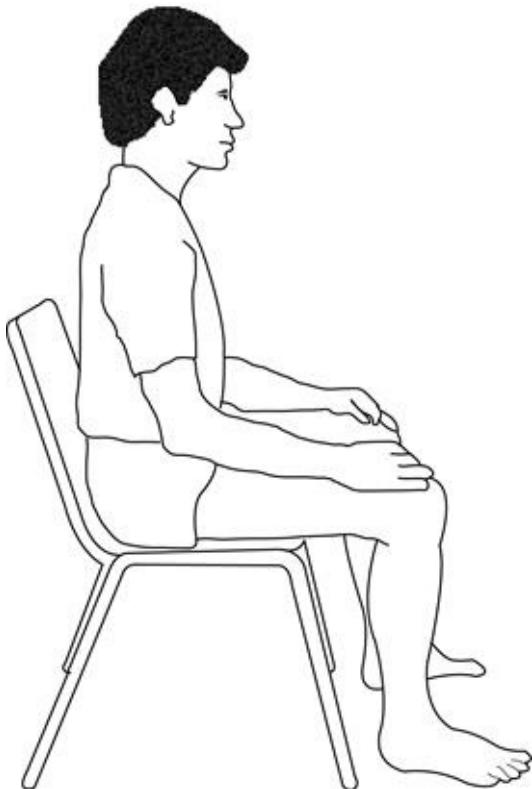
Shavasana is called dead body or corpse pose. In this relaxation posture the focus is on consciously observing your breath. To stay awake and alert it is recommended to count your breath and notice, feel, observe the rise and fall of your belly. Practice Savasana will increase the concentration and one pointed focus. Tension is released by visualizing and consciously relaxing the cells in your entire body. Shavasana is suitable & recommended for all individuals regardless of age or mobility.

### ***How to Practice Shavasana***

- Lie down on your back. For individuals that have any neck injuries a small pillow can be placed under the neck.
- Keep your eyes closed.
- Relax your jaw by separating your teeth and taking the tongue away from the roof of your mouth.
- Breathe through your nose.
- Comfortably separate your legs so that they are perpendicular to your shoulders.

- With your legs still separated, allow your toes to point out and your heels to point towards one another.
- Place your arms alongside your body (leave a short distance between your wrists and your legs).
- Turn your palms upwards to the sky.

## Option No 5: Chair Sitting Position



### ***What is Chair Sitting Posture***

*Chair sitting posture is ideal for elderly practitioners and individuals with back or knee injuries.*

### **How to Practice Chair Sitting Posture:**

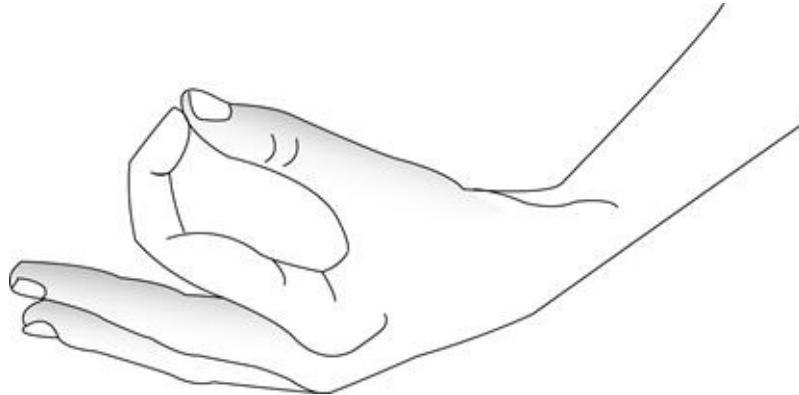
- Sit on a chair with your spine straight.
- If needed, a cushion can be placed underneath your pelvic area to support a

straight spine for an extended period of time.

- Ensure that there is support from the back of the chair.

## **MUDRAS:**

## **Chin Mudra**



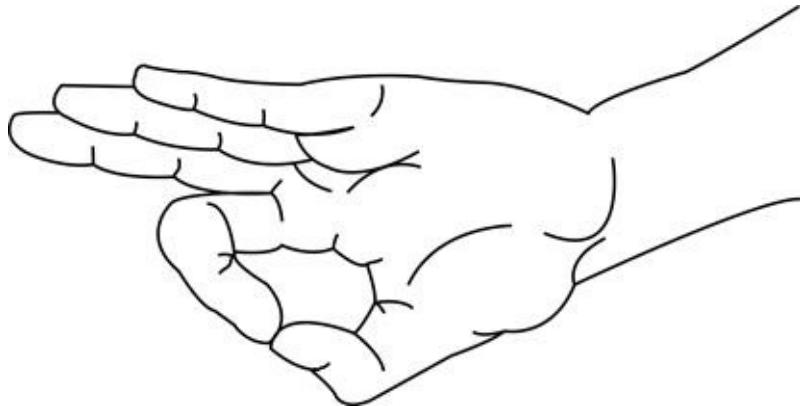
### **What Is Chin Mudra**

Chin Mudra (gesture of knowledge) is the attitude of consciousness. Chin mudra is a symbolic expression that represents detachment from your three gunas into joining with your Supreme Self. It is essential to stimulate the nadis during meditation. For this reason, chin mudra is used in meditation. There are many health benefits of chin mudra. Chin mudra channels the flow of Prana, vital energy necessary for spiritual ascension, increases concentration and self awareness during meditation, channels Pranic flow, activates the brain cells resulting in a sound sleep and help automatically cure common body ailments.

### **How to Practice Chin Mudra?**

- Place your palms on your knees with your palms facing upwards to the sky.
- Softly touch the nail of your index finger with your thumb.
- Relax your remaining three fingers
- All other fingers should be opened completely facing upward.

## **Jnana Mudra**



The term Jnana means wisdom in Sanskrit. This mudra can be described as a gesture of knowledge or wisdom. Jnana mudra helps to stabilize your mind, improve memory, aid in insomnia, alleviate nervous tension, develop creativity and regulate the flow of Prana in your body. Chin mudra becomes Jnana mudra when the palms are facing downward instead of upward.

### ***How To Practice Jnana Mudra***

- Place your hands on your knees with your wrists gently resting on your kneecaps and your palms facing downward.
- Form a circle by placing your index finger and your thumb together.
- Keep your other three fingers extending towards the ground.

## **Understanding Bandhas:**

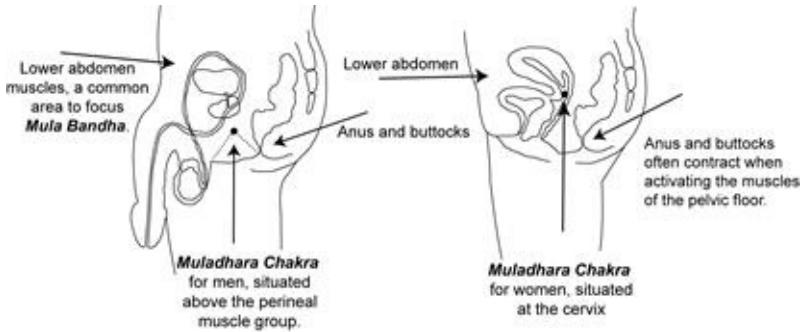
In Sanskrit Bandha means to lock, to hold, or to tighten. Bandhas are traditionally used in Hatha yoga to control and open flow of Prana in the body. Prana circulated in the body is responsible for the manifestation of past impressions, latent desires, emotions, etc., through the mind. Blocks in Prana negatively reflects your state of mind and clarity. There are four types of bandhas: jalandhara, moola, uddiyana and Maha Bandha. These locks are used to direct the flow of Prana to the sushumna nadi which will open the chakras and awaken kundalini. The practice of Bandhas allows the yogi to advance to higher spiritual realms by accessing psychic energies. Bandhas can either be used separately or in conjunction with mudra and pranayama techniques. Bandhas are included in both mudras and pranayama techniques. Usually bandhas are practiced separately or along with the mudras or pranayama practices. This practice enables the psychic energies so that the yogi advances to the higher realms. The practice of bandhas is to prevent and revert or redirect the flow of prana through the sushumna nadi so as to awaken the chakras, which results in the awakening of kundalini. There are four types of bandhas: jalandhara, moola, uddiyana and Maha Bandha.

## **There Are 4 Types of Bandhas:**

1. *Mula Bandha (Perineum muscular lock plus sphincter muscular lock)*
2. *Uddiyana Bandha (Upward Abdominal Lock)*
3. *Jalandhara Bandha (Net-Bearer Bond)*
4. *Maha Bandha (Practice Of All Three Bandhas At The Same Time)*

## **Mula Bandha:**

**(Perineum muscular lock plus sphincter muscular lock)**



### **What is Mula Bandha?**

Mula Bandha is regarded as the best among all the bandhas, bestowing great welfare to the practitioner. The benefits earned are physical, spiritual as well as the mental. The practice of this Bandha stimulates the pelvic nerves and then tones the excretory systems. This Bandha can prevent a number of intestinal ailments like constipation, ulcers and related infections. This Bandha is also helpful in preventing degenerative illness because of the energy through the body. This function from the top – from the brain – to the bottom – covering the whole endocrine system. People affected with asthma, bronchitis as well as arthritis gets relieved from these diseases if practiced regularly. This Bandha practice has the power to bring the mind out of depression. By practicing this regularly, physical, mental and psychic bodies are aligned, resulting in the spiritual awakening. This Kriya is well known for the attainment of Brahmacharya.

### **How to Practice mula Bandha**

- Sit in a suitable and comfortable position with the palms on your knees
- Keep your eyes closed and relax your body completely so that your extremities

move towards your chest

- Inhale deeply and hold your breath while performing Jalandhara Bandha
- Observe your breath for a few minutes
- Focus completely on your vaginal or perineal region and contract the muscles by squeezing them towards your pelvic floor. If you feel any strain, you are contracting the muscles too hard.
- After a few seconds, relax the tightening of your muscles and relax
- Release the Jalandhara Bandha.
- Release the Jalandhara Bandha and exhale
- Exhale now.
- Repeat this process in the same way for some time.
- Next stage is to sit in a posture pressing the heel into the perineum.
- Contract the perineum and anus until the muscles vibrate.
- When practiced regularly, the pelvic floor muscles become stronger
- The usual duration for practicing this is around 30 to 60 seconds and may be repeated for 3 to 5 times a day.

## **Find an Ideal Place to Meditate:**

The place for meditation is very important as long as the benefits achieved from the practice highly depend on the place where one meditates. Since the objective of Tantra practice is to calm down the mind & relax the body, the place chosen for meditation shall always be quite and calm with flow of natural and fresh air. If you choose a room, then choose the one with maximum silence and with a good ventilation of fresh air. You may also burn an incense stick in the room to fill the air with a good fragrance. For meditations you should try to use the same place every day. Room must have a moderate lighting and normal temperature. It is advisable to fill the room with nice lamps, flowers or images of favorite deities (god & goddesses) or spiritual symbols.

## **Being Sincere with the Meditation Practice:**

Sincerity is important with any practice in yoga or meditation. Sincerity and commitment are essential to get spiritual benefits from these Tantra practices as well as to get control over the mind. One has to do the practice patiently so that the benefits are experienced and achieved gradually. Dedication starts with punctuality of practices with the wholehearted involvement by considering Tantra as a part of everyday life.

There should not be any regret if some day is missed, just resume and continue with the same pace as a beginner. Try to follow the instructions with sincerity.

## **Mark Your Goal, Intention and Objective Clear**

For any action in the life, there has to be a goal or an aim. Same way in the beginning of meditation always set a goal (e.g. - “I will do that particular meditation technique for this many days to release certain emotion”). Any spiritual practice is always oriented with clear goals and objectives. Practice of meditation is also the same because they influence your mental and physical wellbeing.

## **Special Instructions You Must Read Before Starting Meditation Practice**

- The most suitable time for practicing meditation is early in the morning or late in the evening.
- Since many of this Psychic Tantra Breathing are based on breathing, purification or cleansing of the nostrils is highly recommended.
- It is also advisable to warm up the body before the practice and relax the body after the practice.
- The place for practicing meditation must be calm, quiet, and pleasant. It should be free of pollution, with good ventilation and free flow of air.
- For Psychic Tantra Breathing related to breathing it is necessary to sit with a straight spine.
- Psychic Tantra Breathing should not be practiced by people that have either high or low blood pressure, cardiac problems, epilepsy, or deep rooted traumatic.
- Children below the age of 16 are also advised not to practice this meditation techniques from this book.
- If one's chest is congested or breath is rushed it is not advised to practice these tantric breathing techniques mentioned in this book.
- Loose and comfortable clothing is essential while practicing meditation.
- It is suggested to wear cotton clothing as it helps to a greater extent to sit for a longer duration.
- Breathing meditation techniques are not recommended for practice if one is not well or during the period of pregnancy.
- During the meditation practice your eyes shall be closed.
- While performing the sitting asanas there should be no stress in the neck, face, muscles, shoulders, arms, thighs, etc.
- The directions shall be followed without changing the order of stages or

postures mentioned in meditation techniques mentioned in this book.

- Timing shall also be maintained. If you wish you can reduce the time duration for some Breathing meditation techniques base on your capacity.
- Whatever meditation technique you have chosen try to do it regularly every day at least for a week, if possible without changing the timing.
- Doing meditation practice at the same time and place can benefit you to go deeper into your meditation practice. It also shows your commitment to transform your life.
- Drinking and smoking are strictly not recommended in the day of meditation practice.
- Breathing & mantra based meditation techniques have tendency to bring repressed unwanted emotions and past behavior patterns out (e.g. if anger was not expressed, it can come out. Then you might feel angry for certain moments in a day as anger is releasing. Once anger is released you will feel happiness and the body will become free and light).
- During the day after practicing some Breathing & mantra based meditation techniques you might become very sensitive and minor thing can trigger you. Just remember that you are still in the process and try to avoid any stressful situations.
- For beginners it is not recommended to practice more than four meditation techniques in one day.

## **Understanding About Seven Chakras**

As there are seven bodies, so there are also seven chakras, energy centres, and each chakra is connected in a special way with its corresponding body. This seven-energy centres or seven chakras are in the physical body of every human being. It's a vehicle that elevates people above petty worldly concerns. "Chakra" in Sanskrit means wheels or "spinning vortices."

These seven chakras are energetic locations that regulate the state of consciousness in each and every one of us. They are positioned almost in the centre of the body. The chakras associated with our latent instincts, feelings and emotions are located in the lowest part of our body while those governing the mind and intellect are located above the heart. Chakras directly govern our psychological behaviour. Chakras are directly related to our physical health, psychological behaviour, and our emotional well being. Therefore, the best way to understand the relationship between the gross body with the spiritual body is through the seven Chakras. By understanding, being aware, and working directly with these energy centres, one is better able to heal physical and emotional problems. As a result, one will become truly in touch with the flow of energy inside and thereby attain better health and quality of life.

## **More Characteristics Of Chakras:**

- Since, the seven chakras are the connecting links between the physical and spiritual body of each human being, they have a strong influence on everyone's spiritual evolution.
- The physical and mental well-being of each one of us is controlled by the chakras.
- We can have control over our own health and wellbeing by balancing the chakras.
- A variety of emotional problems, psychological issues, worries, and anxieties arise from the malfunctioning of the chakras.
- Understanding the chakras functionality and meditating on them with awareness is the only way to solve these problems. This ensures a healthy mental and emotional state.
- Every illness has some relation with one of the chakras; that is why we call it "healing" through the chakras.

## **First Chakra – Root Chakra**

### **Traditional Name: Mooladhara Chakra**

#### **1. Root Chakra**

Traditional name: Mooladhara

Layer: Physical / Gross

Colour: Red

Location: This chakra is located at the base of the spine below the spinal cord and near the anus.

Element: Earth

Ruling planet: Saturn

Related gland: Adrenal glands

Sound: “HUUH”

Mantra: “LAM”

“Moola” in Sanskrit means root and “adhara” is the base or support. Because of the location of this chakra, it is the base of all the other chakras. Kundalini Shakti, the serpent power in each human being, resides in the Mooladhara Chakra. At this centre stabilization of vital energy takes place. When energy increases in mooladhara, great physical and psychological presence is felt. This chakra has the nature of animal instincts. This chakra reveals how a person can succumb to the forces of nature and is related to gross matter. Strength of muscles, durability of bone's, etc. is manifested in this state. An example of how to meditate on this chakra is by concentrating on the root chakra, the spot in between the genitals and the anus, chant the sound LAM, and visualize the symbolic colour Red.

#### **Objective:**

- Issues concerning birth.
- Patterns of survival and generation.
- Relationship towards money and food.
- Issue related to health and stability.

## **Second Chakra – Sacral Chakra**

### **Traditional Name: Svadhistana Chakra**

#### **2. Sacral Chakra**

Traditional name: Svadhishtana

Layer: Emotional

Colour: Orange

Element: Water

Location: Below the belly button / lower abdomen; 2-3 inches below the navel

Ruling planet: Mars

Related gland: Genital / Urinary system

Sound: “OOO”

Mantra: “VAM”

The meaning of the Sanskrit word “Svadhishtana” is sweetness. Only after balancing this chakra, one starts developing fearlessness, compassion, love, etc. In this state, one develops heightened creativity and imagination. This chakra is the place of unconscious desires and passions. Meditation on this chakra can bring mastery over the animal instincts, release negative emotions such as fear, worry and hate, and replace these emotions with a greater capacity for compassion and love.

#### **Objective:**

- Urges of sexual and sensual matters.
- Importance of relations.
- Willingness to get rid of guilt.

- Pleasure, sensation and creativity.

## **Third Chakra – Solar Plexus Chakra**

### **Traditional Name: Manipura Chakra**

#### **3. Solar Plexus**

Traditional name: Manipura Chakra / Navel

Layer: Mental or intellectual

Colour: Yellow.

Element: Fire

Location: The Solar Plexus Chakra is located just above the navel.

Ruling planet: Sun.

Related gland: pancreas.

Sound: “OUH”

Mantra: “RAM”

The meaning of the Sanskrit word “Manipura” is “Mani” which means beads or jewels and “pura” means a place or city, etc. When your consciousness is at this stage, you have crossed the negative part of the Swadhishtana Chakra. The Center for vitality lies in the Manipura Chakra. When consciousness is at this level, one feels health, well-being, and balanced energy. This chakra focuses on: willpower, a sense of transformation, government of personal energies, discipline of the ego, self control, a sense of power and authority. It is at this point that one is able to monitor and assess how internal energies affect the external body.

#### **Objective:**

- Importance of relationship with one's self.
- Individuality.

- Self-esteem, self-image.
- Willingness to be free from shame and guilt.
- Consciousness.

## **Fourth Chakra – (Heart Chakra)**

### **(Traditional Name: Anahata Chakra)**

4. Heart Chakra.

Traditional name: Anahata Chakra

Layer: Astral.

Colour: Green.

Element: Air.

Location: Chest.

Ruling planet: Venus.

Related glands / body parts: Heart and lungs; thymus gland.

Sound: “AHA”

Mantra: “YAM”

The meaning of the Sanskrit word “Anahata” is unstuck. The heart chakra is associated with unconditional love, compassion, and forgiveness. Purity, caring and affection is manifested at this chakra. As this chakra becomes purified, a greater sensitivity and emotional balance radiates across the body. This chakra is considered the beginning point of divinity in man. The heart chakra is the bridge that connects and elevates the lower chakras (associated with animal instincts) with, the higher chakras (associated with spiritual growth). The real transformation in the spiritual life starts with the heart chakra; moving towards a serene and calm mind without any violence. It is here that one gets the wisdom of the true self. If consciousness is in this state, one's creativity and talent are fully manifested. “Sankalpa,” the determined desire, is fulfilled by visualization, meditation, and concentration on one's Sankalpa and heart.

### **Objective:**

- Compassionate attitude.
- Acceptance of one's own masculine and feminine emotions.
- A forgiving attitude.
- Self approval, Heartfelt love and affection.

## **Fifth Chakra – Throat Chakra**

### **Traditional Name: Vishuddhi Chakra**

5. Throat Chakra.

Traditional name: Vishuddhi Chakra.

Layer: Etheric layer.

Colour: Blue.

Element: Sound.

Location: Hollow of Throat

Ruling planet: Mercury.

Related body parts: respiratory organs; thyroid gland.

Sound: “EYE” (EEEYE)

Mantra: “HAM”

The Sanskrit word “Vishuddhi” means purification. “Shuddhi” means cleansing and “Vishuddhi” means complete purification. In this chakra one starts speaking the truth with thoughtfulness, discrimination, honesty, and fearlessness. Through this chakra, one can influence people with peaceful speech. When this chakra is open and balanced, one can share their state of mind with others while nourishing the other’s mind through good words. Since all relationships rely on truthful, open, direct communication, this is the prime chakra to make relationships harmonious in your life. With calm thoughts, an open heart, and with clear, effective communication, this chakra is related to freedom. Until this chakra is fully active there are feelings of restrictions, anxiousness and lack of freedom. When this chakra is blocked it is common for throat problems to manifest.

### **Objective:**

- Uphold honesty and sincerity in all activities.
- Listen with patience.
- Communicate truthfully.
- Express words through the centre of will power.

## **Sixth Chakra – (Third Eye Chakra)**

### **(Traditional Name: Ajna Chakra)**

6. Third Eye.

Traditional Name: Ajna Chakra.

Layer: The "Third Eye" is the celestial.

Colour: Indigo.

Element: Light.

Location: Between the eyebrows.

Ruling planet: Jupiter.

Related glands: Pituitary Gland.

Sound: "AYE"

Mantra: "AUM"

In Sanskrit "Ajna" means "perception." This chakra is closely related with psychic abilities and is beyond individual consciousness. Allowing you to step outside yourself and into the greater consciousness of the universe, it gives abilities such as precognition and telepathy. One develops powerful intuition, which is trustable, reflecting the self in others, etc. This chakra is the abode of the intellectual power. There is a great insight at this state. Control over one's memory, concentration, etc. happens at this point. Telepathic ability, perceiving the subtlety of the cosmos, clairvoyance, etc. is manifested. Sometimes, one has the vision of future events, activities, or situations. This chakra is supremely important to fostering intelligence and understanding of the universe. Only by gaining control over this chakra, one can experience the full potential and strength of the mind and the all-pervading cosmic consciousness. At this stage of consciousness, one can use the power of all-pervading cosmic mind through the individual mind.

## **Objectives:**

- Intuitive Mind.
- Trusting your own intuition.
- Psychic creativity and telepathic talents.
- Visualization of one's self and of the future.

## **Seventh Chakra – (Crown Chakra)**

### **(Traditional Name: Sahasrara Chakra)**

7. Crown Chakra.

Traditional Name: Sahasrara Chakra.

Layer: Ketheric layer.

Colour: Violet.

Element: Thought.

Location: Top of the head at centre.

Ruling planet: Moon.

Related glands: Pineal gland.

Sound: “EEE”

Mantra: “Silence”

The meaning of the Sanskrit word “Sahasrara” is “thousand folded”; like a lotus with a thousand petals. This is the highest plane with non-existence. This is the ultimate plane of human consciousness, the final chakra. At this point, one is beyond the cause and effect of karmas, nature, etc. This is the final point, the apex of spirituality. It is at this chakra that actual yoga occurs – the communion with divine consciousness. The self is dissolved with the cosmos; there is no individual. This is the state of enlightenment or nirvana. To reach this state is to become utterly enlightened, completely in tune with all that is, and all that will be. It is the acceptance of death, understanding of the ego, and disregard for the self in favour of the cosmos. This is the chakra that completes the goal of human life.

### **Objectives:**

- The ultimate state of consciousness

- Self-realization and enlightenment.
- A charitable attitude.
- Connection with the cosmic energy and divinity.

## **Introduction about Breathing (Prana)**

## **What Is Prana (Breathe)?**

Prana is the vital energy that supports all living beings in this universe. Pranayama is the regulation and control over this life force and energy. In Sanskrit, “pra” is a constant and “na” means movement. So, “prana” is the constant movement. Prana is the subtle energy that exists in each individual and is included in each and every cycle of breath. Whatever is manifested in the Universe is Prana, which is the total sum of all the energies. Dormant powers and forces lying in every individual are awakened with the help of pranic energy. Prana has connection with the human mind, will, individual consciousness and finally the universal consciousness. Once you learn how to control or regulate the pranic energy, you will know the secret behind this pranic force. Prana is the power behind personality, individuality, all the bodily functions that sustain life, and the pillar that powers the nervous system.

## **Different Types of Prana?**

**There are five pranas (Prana, Apana, Samana, Udana and Vyana ) that manage all functions of the body in each human being.**

Each of these different pranas has its own role in the human body. Prana is also called the main prana, the controller and all others pranas are sub pranas. Heart is believed to be the seat of this prana. Apana resides in the anus. Samana prana is located in the navel. Udana prana is located in the throat. Vyana prana is spread throughout the body. By functions, Prana powers breathing, Apana regulates excretion, Samana affects digestion, Udana contributes to swallowing of food, and Vyana is responsible for blood circulation.

## **What Is Ida And Pingala Nadi?**

Nadis are the subtle channels that carry the life force (Prana) as mentioned above. There are 72000 Nadis in the human body and the most important among them are Ida and Pingala which are located on either side of the spine. Ida resides on the left side and Pingala on the right side. These two nadis carry the pranic force from the one end of the nadi to the other end. They can also be considered as subtle tubes that act as a vehicle for prana to move inside the human body. Ida nadi is related with the moon. Ida flows through left nostril and makes the body cool. Pingala nadi is related with sun. Pingala flows through the right nostril and makes the body hot.

## **Sushumna Nadi**

It is believed that there are around 72000 nadis spread all over the human body. Among all these, Sushumna Nadi is the unique and the important nadi that carries the kundalini Shakti from the lower Chakra to, the higher center. The origin of all these nadis is from the region below the navel and just above the genital organs. Sushumna nadi is the channel or the pathway for awakening the kundalini energy. No other nadi is capable of carrying Kundalini to the higher levels. it is not possible to arouse Kundalini without awakening Sushumna Nadi.

Sushumna nadi is awakened through regular practice of Pranayama or tantric breathing techniques. Once this nadi is awakened, it is possible to bring the mind to single pointedness without any effort. It is said in ancient texts that only a small percentage of brain functions in the daily life. Almost one tenth of the whole brain function and the other is locked. The infinite knowledge, power and experience reside in this part.

When the sushumna nadi is awakened, it paves the way to spread the spiritual energy to all these dormant parts of the brain making it unlocked and active. This process bestows the man with good mental health and spirituality. Once the kundalini energy reaches the sahasrara Chakra through the sushumna nadi, the Tantric practitioner becomes the master of the whole.

## More Characteristics of Sushumna Nadi.

- Ida is the representation of the mind or chitta; Pingala is the representation of Prana and finally the third and important nadi formed when two others are balanced is the Sushumna nadi, representing the soul or spirit or the Atman.
- A meditative state of the mind is achieved with the awakening of this nadi – sushumna. It is the culmination of all the processes practiced to achieve this state.
- Awakening of this nadi for reaching the highest consciousness.
- First is the awakening of kundalini, then the person enters the state of meditation, then the Samadhi state. All these are not possible without awakening this nadi.
- The most powerful flow is the flow of kundalini through the sushumna nadi that makes one non-physical, without any individuality and connection with the gross body. In other words, one experiences the all-pervading cosmic consciousness in a god-like state.
- Usually, sushumna is in a dormant state. Two other nadis – ida and pingala function in an alternative way. Once the sushumna is awakened, there is no need of any practice or effort to be in a meditative state, it is just a spontaneous and natural process. This is the path towards salvation.
- Sushumna is the central channel and is associated with the river Saraswati.

## **Test Your per Minute Breathing Cycle**

**Option no 1:** Here you need to breathe naturally. 1 in & out breath is equals 1 breath cycle. Now count your in & out breaths for 60 seconds with a stop watch. How many cycles you get is your natural breath cycle. Begin timing with an in breath

**Option no 2:** Do same as above this time after meditation.

### **My Research Feedback with More Than 250 People from Different Countries & Ages.**

I have done this technique with groups from 10 to 30 + people in meditation hall many times. I keep getting amazing mind blowing feedback which is some people report **5 breath cycles per minutes**, some **10 breath cycles per minutes**, some between **15 to 20 breath cycles per minutes**, some **22 to 27 breath cycles per minutes**,

# Understanding Difference between Breathing Cycles

## What Does It Mean

**Person no 1 :** If person 1 report there constant 5 or 7 per minute breathing cycle taking for more than 10 times over months time, ( Which is standard relax & calm breath cycle )

**Scenario no2 :** If person 1 report there constant 18 or 21 per minute breathing cycle taking for more than 10 times over months time,

This mean 1 month Life for Person no 1 equals 3 months for Person no 2

# **Do You know Your Per Minute Breathing Cycle?**

## **What is called as Respiration Rate?**

- Once cycle of inhalation and exhalation is called as a complete respiration process. In other words, a complete respiration is a complete inhalation-exhalation cycle.
- Number of complete respirations for a duration is called as respiration rate. Usually, it is set at 60 seconds.
- Respiration rate has otherwise called as Respiratory Rate, Respiration Frequency, Pulmonary Ventilation Rate, Respiration Frequency, Ventilation Frequency, Breathing Frequency, etc.

## **Measurement Of Breathing Rate**

- Correct respiratory rate can be taken only during rest condition of the person.
- It is the number of times the chest expands and shrinks when lied down.
- A feverish person or an excited or tired will naturally have higher respiration rate compared with that of the normal person.
- During MRI scans, an Optical Breath Rate Sensor is a good means to monitor the person's breathing frequency.
- Without knowing the health condition of the person, it is not possible to measure the respiratory rate.

Apart from noting the person's health conditions one must have a thorough idea about the variation in the rate of respiration with age.

1. Adults – 12 To 20 breaths/minute.
2. 10 years – 15 to 20 breaths/minute.
3. 6 years – 18 to 25 breaths/minute.
4. 3 years – 20 to 30 breaths/minute.
5. 6 months – 25 to 40 breaths/minute.
6. Below 6 weeks – 30 to 60 breaths/minute.

To know the stress exerted on the body during the breathing process, it is necessary to know the respiration rate. Deepness of the breath is indicated through this.

Body is stressed during the breathing process. During the rest, breathing is the best to relax the body to a good extent. Even though, there is no danger in small irregularities in breathing. It is always good to know the frequency of breathing as it helps to keep the body healthy. If the breathing rate is slow, then breath is deeper and is good for the body.

# **Facts, Key Points, Statements & Understanding about Breath**

1. With hardly 21% of oxygen in the air and the body requirement of 5%, carbon dioxide plays a critical role in the breathing process.
2. The reason for the lisp among the children is because of breathing using the mouth.
3. The breathing changes between the two nostrils naturally within every 30 minutes balancing the breath between the two.
4. Air reaches the lungs through nose after filtering of 4 stages. Through the mouth, it is just direct, causing throat infection and other kind of throat diseases like tonsils, etc.
5. If the inhalation is through the nose and exhalation through the mouth, imbalance of CO<sub>2</sub> is developed resulting in its loss. Retaining the breath increases the CO<sub>2</sub> resulting in the rebalancing of PH level.
6. “The True Man breathes with his heels; the mass of men breathe with their throats” By Chuang Tzu
7. If there is a competition between the body and mind, there is no relaxation. Both thoughts and breathe are completely linked. Shallow breathing happens when you are busy or overactive and because of regular, continuous thinking.
8. Toxins in the body are removed because of conscious exhalation. Unused carbon dioxide is removed from the lungs, if the exhalation is for a longer period. Disturbing thoughts, as well as worries, are pushed out if exhalation is deeper. A good exhale helps to get rid of emotions are the mental as well as physical level.
9. Breathing is the pillar of sustaining the liveliness in the entire body, not only the lungs. It is possible to consciously direct the movement of breath to any part of the body for any purpose. This may be to improve the movement of energy, relieve from tension, releasing the pressure, etc.
10. The only process that can be controlled in the entire human body is the breathing process. Though the body regulates it naturally, it is still possible to change the breathing practices consciously as prescribed in tantra, yoga, as well

as pranayama.

11. Both human mood and breath are dependent on each other. Change in mood can bring change in the breathing pattern and vice versa.

12. Pattern of the breathing process changes when all the perceptions through the senses vary.

13. If the upper chest, neck muscles are the means for primary breathing in the place of the diaphragm, it leads to hyperventilation..

14. Lungs play a critical role in eliminating the waste from the body. This comes to about 70%. The rest is taken care of by skin, urine and feces. Breath is one of the main aids to release toxins from the body. For that, exhalation must be longer than inhalation, both through nose.

15. Sleep gets disturbed because of mouth breathing. The posture may become a problem resulting in the less amount of oxygen reaching the body cells.

16. When there is anxiety, stress, etc. only slow and relaxed breathing helps in activating the parasympathetic nervous system, resulting in the complete relaxation of the body.

17. Compared with adults, there is a faster rate of breathing in children.

18. Voluntary and involuntary breathing is possible, but humans can change the pattern and technique with the help of breathing consciously.

19. To keep the abdominal as well as intestinal muscles strong, deep breathing is recommended.

## **Introduction about Kashmir Shaivism - Vigyan Bhairav Tantra**

Vigyan Bhairav Tantra: a way forward to the attainment of “Wisdom and Insight of Pure Consciousness”. “**Vigyan**” in Sanskrit means science; “**Bhairav**” is the state which is beyond consciousness (Lord Shiva). “**Tantra**” means a method or technique. In a way Vigyan Bhairav Tantra means scientific techniques to take men to beyond consciousness.

Kashmir Shaivism - Vigyan Bhairav Tantra, is a 4500 year’s old one the most sacred text in Hinduism which consist of 112 meditation techniques of enlightenment given by lord Shiva to goddess Parvati. This text has been adapted from the ancient book named Rudrayamala Tantra.

## **Introduction about Sound Meditation**

While Meditation is practiced to calm down the mind, meditation with the help of sound is a technique using sound as an instrument to control the mind. With the help of sound, it is possible to gain concentration by diverting the mind towards the sound or a certain mantra. In next page I mentioned more about sound based mantras meditation.

## **Few Benefits of Sound Or Mantra Meditation:**

- Sound of the mantra helps you to increase the concentration.
- The vibration of the mantra meditation is not only affecting the mind, but the body too.
- You will experience an energetic feeling after the practice because the mantra works on the body too.
- It is the best instrument to control an agitated mind by reducing the thoughts arising out of worries and anxiety.
- You get the will power to face those worries and anxieties.

## Sound Meditation with Mantras

Mantra is a sacred utterance, numinous sound, or a syllable revealed by ancient hindu tradition. In Sanskrit, mantra means: “man” – mind or to think and “tra”- instrument or means.

Mantras are powerful enough to generate vibration across the energetic centers in the body. One can chant the mantra mentally by repeatedly visualizing the letters in the mantra, chant slowly with lips or chant in low sound. Mantras function on vibration that occurs inside when the practitioner chants the mantra. When sound meditation is integrated with mantras, it becomes easy for the practitioner to gain the concentration as well as control the mind. Silent mantra meditation is more effective to experience higher state of mental peace and consciousness.

“**Bija akshara**” or **Seed Mantra** is helpful in awakening the chakras or dormant and subtle energy centers that already exist in the body. Another effective mantra meditation is using the syllable “**AUM**” for chanting. There is no sound in this universe without any one of the letters in “AUM” mantra. According to the yogic science, thoughts are the subtlest form of the sound. When the thoughts are controlled, the mental peace is gained automatically. That is the reason why the mind is calmed down when the mantra meditation is practiced.

## Sound Meditation with Chakras

We have already seen how sound and mantra meditation works on the body. Both these techniques creates impact on chakras – the energetic centers in the body. Another way of meditation is to activate chakras with the help of sound. This sound is part of the mantras. The ancient yogic tradition says that all the sounds created by the Sanskrit words exists within the chakras in the body. Each chakra has its own sound. By repeating this sound, these psychic centers are activated and energized. Through the regular practice, it is possible to open these subtle chakras that has a direct impact on the evolution of mind, that take the practitioner to experience the higher consciousness.

Chakra sound meditation makes it possible to invoke the chakras through chakra sound & chakra bija mantra meditation. There are particular vowel sound & Bija mantras associated with each chakra that is capable of opening that particular chakra and the characteristics associated with that chakra manifests through the mind and the body.

## **Here is the list for chakra vowel sounds & chakra Bija Mantras:**

### **Root Chakra - Traditional Name: Mooladhara Chakra.**

Sound: “HUUH”

Mantra: “LAM”

### **Sacral Chakra - Traditional Name: Svadhishtana Chakra.**

Sound: “OOO”

Mantra: “VAM”

### **Solar Plexus - Traditional Name: Manipura Chakra.**

Sound: “OUH”

Mantra: “RAM”

### **Heart Chakra - Traditional Name: Anahata Chakra.**

Sound: “AHA”

Mantra: “YAM”

### **Throat Chakra- Traditional Name: Vishuddhi Chakra.**

Sound: “EYE” (EEEYE)

Mantra: “HAM”

**Third Eye - Traditional Name: Ajna Chakra.**

Sound: “AYE”

Mantra: “AUM”

**Crown Chakra- Traditional Name: Sahasrara Chakra.**

Sound: “EEE”

Mantra: “SILENCE”

## Introduction about Mantra Meditations

“**Mantra**” is a Sanskrit word meaning “**man**” – the mind and “**tra**” a medium or an instrument for the thought.

Mantras are said to have revealed by ancient hindu sages. They are the syllables considered sacred as they have the power to activate the subtle chakras in the body. The human body is considered as the Jivatman or the individual consciousness. Mantras are manifestations of the Paramatma or the Brahman, the absolute, which is the universal consciousness. Individual consciousness is that part of universal consciousness that exist in each human body. Human mind is a collection of good and bad thoughts. When the mantra meditation is practiced, these thoughts subside and the mind gets the clarity and peace. It is possible for one to understand the relation between the body and mind helps controlling the mind through the body.

“Aum” is the primordial mantra that is being chanted to raise the dormant power from the base chakra to the crown chakra. While chanting “Aum”, one has to visualize that the energy or prana rises from the root chakra and reaches the crown chakra at the end, by passing through all the chakras in between.

# **1 Yogic Breathing Meditation Technique**

## **(Abdomen, Belly, Chest and Full Yogic Breathing)**

Breathing is given utmost importance in yoga & tantra. It is because; the energy flow completely depends on the technique of breathing. Breathing through nostrils gives numerous benefits.

**There are four different types of breathing which are:**

- High Breathing (Chest Or Collar-Bone Or Clavicular Breathing)
- Mid Breathing (Rib Or Intercostal Or Belly Breathing)
- Low Breathing (Abdominal Or Deep or Diaphragmic Breathing)
- Yogi Complete Breathing (Integration Of High, Mid And Low Breathing Together)

## **High Breathing**

### **(Also Called As Chest Or Collar-Bone Or Clavicular Breathing)**

This is medically known as Collar-bone or Clavicular breathing. This type of breathing is just like movement of prana, starting from the abdomen towards the upper side of the body covering the upper sides covering the diaphragm. It covers the whole spectrum of bones, ribs, etc.

- This breathing technique raises the diaphragm. The majority of people use this technique.
- This technique minimizes the amount of air reaching lungs while upper chest and lungs work utilizing the energy generated through breathing.
- The upper portion of the lungs is filled with the inhaled air by this way of breathing.

## **Mid breathing**

### **(Also Called as Rib or Intercostal Or Belly Breathing)**

This breathing technique is otherwise called as Rib breathing or intercostal breathing. When compared with the Clavicular (Chest) breathing, this has more benefits and effects. Still it is below the low breathing and yogi complete (full) breathing.

- In this technique, diaphragm is allowed to move up. This results in the fall of an abdomen. This also raises the ribs so that there is partial expansion of the chest.
- As the name implies, the focus is on the middle part of the lungs. A small upper part is also filled up as the inhalation happens.
- Compared with the high breathing, it is effective.
- Diaphragmatic breathing takes the normal breaths by increasing the oxygen output to maximum which goes into the bloodstream.
- Deep breathing is sometimes practiced as one of the ways for relaxation. If it is regularly practiced, it might result in the prevention of symptoms commonly related with stress. It includes stomach conditions, depression, high blood pressure, headache, stress, etc.

## **Low Breathing**

### **(Also Called As Abdominal or Deep or Diaphragmic Breathing)**

This breathing technique is much ahead of all the previous techniques. It is popularly known as Abdominal or Deep or Diaphragmatic breathing. In ancient Indian patanjali yoga sutras it is mentioned and proved that this technique is part of the complete breath for centuries. However, western authorities have also accepted that this is the best known form of breathing.

- During breathing process, it presses the abdomen organs, causing the abdomen to protrude outwards.
- This type of breathing allows the lungs a freer play, compared to the other two techniques.
- This also causes a substantially greater amount of air to enter into the lungs.
- The breathing movement is all the way down towards the pelvic area and up towards the top of the lungs. Abdominal breathing has a calming and relaxing effect as we take fewer and but more effective breaths.
- Though highly effective, this breathing technique is always next to the complete breathing –Yogi Complete Breathing.

## **The Yogic Complete Breathing (Full Breathing)**

As the name implies, this technique is considered to be the epitome of all breathing techniques known to man. This technique of breathing employs every positive aspect of each of the High, Mid and Low breathing techniques while simultaneously eradicating their undesired features and is the one best suitable for the yogic practices.

- It causes the entire respiratory system to come into play.
- The chest cavity gets expanded to its limits in every direction.
- The organs responsible for the respiration works in the good manner possible.
- This is considered to be the best one as it extracts the maximum benefits for the prana with the less efforts put forth.
- This technique allows the practitioner to bring complete control over the diaphragm, and it works with the highest potential.
- Ribs are more active with its full functionality.

### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles,

also try to relax your shoulders, arms, and thighs before meditation.

- [Chin mudra](#) is the preferred hand mudra
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

### **Step 1: Lower Lobe Breathing**

- Start by sitting in comfortable position.
- Sitting posture chosen, must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Witness your natural breathing process for few movements.
- Focus on the abdomen below the navel region.
- Place your hands around navel region gently.
- Observe your breath for a few moments.
- When you feel at ease, begin inhaling and exhaling deeply and slowly, around 4 seconds during the inhalation, and likewise, 4 seconds for the exhalation.
- With an objective to allow the breath to spread in the lower lobes of lungs, deepen, lengthen and extend the above movement.
- During 4 seconds inhalation, the lower belly should rise to the maximum, and while 4 seconds exhalation, it should fall completely.
- Chest and abdomen shall be kept still during this process. Movement of lower belly is sufficient.
- During the process whole body relax, without any strain, repeat the same till 3 to 4 minutes.
- Now come back to natural breathing keeping hands on the side.
- Relax, let your eyes be closed, look inwards & watch your breath for 2 minutes.

## **Step 2: Abdominal breathing**

- Witness your natural breathing process for few movements.
- Focus on the abdomen area.
- Hands should be placed on the abdomen area.
- When you feel at ease, begin inhaling and exhaling deeply and slowly, around 4 seconds during the inhalation, and likewise, 4 seconds for the exhalation.
- Experience the rise and fall of the abdomen during 4 seconds of inhalation and 4 seconds exhalation respectively.
- To focus on the breathing into the abdomen, start deepening, lengthening and extending this movement.
- During 4 seconds of inhalation, the abdomen should rise, and while 4 seconds exhalation, it should fall.
- Depending on the release of “holding”, the lower back moves back and forth from the floor.
- Begin to notice the more you release ‘holding’ the abdomen, the more, the lower back arches away from the floor.
- Chest and lower belly should be still during the process. Only abdomen shall move.
- During the process whole body relax, without any strain, repeat the same till 3 to 4 minutes.
- Now come back to natural breathing keeping hands on the side.
- Relax, let your eyes be closed, look inwards & watch your breath for 2 minutes.

### **Step 3: Thoracic (chest) breathing**

- Witness your natural breathing process for few movements.
- Focus the concentration on the chest and observe normal breathing.
- Place your hands on the chest gently.
- When you feel at ease, begin inhaling and exhaling deeply and slowly, around 4 seconds during the inhalation, and likewise, 4 seconds for the exhalation.
- Observe the upside down of the chest during 4 seconds of inhalation and 4 seconds exhalation.
- Repeatedly observe this pattern for few moments.
- Try to extend, deepen and lengthen this movement.
- Now, to fill the lungs completely, expand and lift the rib cage by inhalation.
- Now, exhale and let the lungs be collapsed and sink to the maximum.
- Keep the abdomen and lower belly still by moving the chest only.
- During the process whole body relax, without any strain, repeat the same till 3 to 4 minutes.
- Now come back to natural breathing keeping hands on the side.
- Relax, let your eyes be closed, look inwards & watch your breath for 2 minutes.

## **Step 4: Full Yogic breathing**

**This is a integration of above three steps as follows:**

- Witness your natural breathing process for few movements.
- Focus the concentration between abdomen, belly & chest and observe normal breathing.
- When you feel at ease, begin inhaling and exhaling deeply and slowly, around 4 seconds during the inhalation, and likewise, 4 seconds for the exhalation.
- Initially, fill the lower belly by inhaling, followed by abdomen and then the chest by continuous inhalation.
- Next is to exhale from the chest in the beginning, followed by abdomen and then lower belly.
- One round of full yogic breath is now complete.
- Continue inhaling lower belly, abdomen then chest.
- Continue exhaling chest, abdomen, lower belly.
- During the process whole body relax, without any strain, repeat the same till 3 to 4 minutes.
- Now come back to natural breathing keeping hands on the side.
- Let go of the technique, slowly bring your hands & legs down and relax in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 7 to 10 minutes.

## 2 Breath Awareness Meditation Technique

### (Passive Meditation Technique from Kashmir Shaivism- Vigyan Bhairav Tantra)

**Breath Awareness Meditation technique** is also a simple meditation technique that focuses on the breathing process. Breathing plays a vital role in yoga, meditation and tantra practices. This is same with all the traditions of spirituality.

According to Buddhist tradition , Anapana Sati is one of the breathing technique that is practice on observing the inhalation and exhalation with awareness, Buddhu himself got enlightened through Anapana Sati there fore it was initiated by Buddha himself as one the key Buddhist meditation practice.

This same technique is also mentioned in Kashmir Shaivism - Vigyan Bhairav Tantra, is a 4500 year's old one the most sacred text in Hinduism which consist of 112 meditation techniques of enlightenment given by lord Shiva to goddess Parvati.

As the breathing process is what that controls the emotions, body illness, mental distractions, etc., control of breath or correct breathing certainly brings the wellness of the whole being. Whether we are aware or not, breathing is the only process that continues within the body to power the pranic energy in sustaining the life. Watching the breathing process automatically takes the mind to another realm connecting with your true inner being.

### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect wherein neck should be straight, spine upright,

and erect.

- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- [Chin mudra](#) is the preferred hand mudra
- For the preferred sitting asanas please check [List Of Sitting](#)

## **Preparation Stage Choice**

Since it is not easy for many people to directly enter in passive meditation there can few options to prepare mind & body. Either you can do any type of yoga asanas or you can do first meditation technique from this book which Yogic Breathing Meditation or you can do active dance meditation.

### **(Dance Meditation For 10 Minutes)**

It is very essential to warm up the body before doing Breath Awareness Meditation, I will suggest you to put good dance music tracks and move your body freely with eyes closed, like if you are possessed with dance. Let your body take over completely. Try not controlling your movements and just being total in the dance. After ten minutes of dance slowly sit down and relax for 5 to 7 minutes. Then start **Breath Awareness Meditation**.

## **METHOD HOW TO DO THIS MEDITATION**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.

- Bring your awareness to the body and stay in that state for a few moments.
- Take a few moments to simply be". Notice whatever is being experienced at the moment. Sounds, physical sensations, thoughts, feelings.
- Without trying to do anything about it.
- Continue like this a little while, allowing yourself to settle down.
- Now bring the attention to the breath. Simply notice the breath as it moves in and out as the body inhales and exhales.
- Start watching your breath. first, the inhalation, from where it enters your nostrils, right down into your lungs.
- Then exhalation breath comes out from lungs to out of your nostrils.
- Inhalation & exhalation is your natural rhythm of breathing.
- Watch at the end of the inhalation there will be a small gap.
- Also watch at the end of the exhalation there will be a small gap, as well.
- Continue doing this 4 steps, breathing in & watching gap & breathing out & watching gap.
- Feel the breath, smell the breath, see how deep it is.
- Do this meditation for 10 To 15 minutes.
- It will be ideal if you set an alarm or a timer.
- Now come back to natural breathing keeping hands on the side.
- Let go of the technique, slowly bring your hands & legs down and relax in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 7 to 10 minutes.

### **3 Breath Awareness Meditation (Watching Gap)**

**(Passive Meditation Technique From Kashmir Shaivism - Vigyan Bhairav Tantra)**

**Breath Awareness Meditation technique** is also a simple meditation technique that focuses on the breathing process. Breathing plays a vital role in yoga, meditation and tantra practices. This is same with all the traditions of spirituality.

(Watching Gap) this technique is same as Breath Awareness Meditation Technique mentioned above. Only difference in first technique awareness moves with breathing in & breathing out,

Here in (Watching Gap) meditation technique awareness on observing & watching the gap between incoming & outgoing breathe, When your breath comes in through your nostrils, observe. For a single moment or a thousandth part of a moment, there is no breathing — just before it turns up, there is gap. In this movement there is a certain point that breathing stops completely.

Then the breathing goes out moving upwards. again there is a certain point that breathing stops completely for a movement.

This same technique is also mentioned in Kashmir Shaivism - Vigyan Bhairav Tantra, is a 4500 year's old one the most sacred text in Hinduism which consist of 112 meditation techniques of enlightenment given by lord Shiva to goddess Parvati.

#### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.

- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- [Chin mudra](#) is the preferred hand mudra
- For the preferred sitting asanas please check [List Of Sitting](#)

## **Preparation Stage Choice**

Since it is not easy for many people to directly enter in passive meditation there can few options to prepare mind & body. Either you can do any type of yoga asanas or you can do first meditation technique from this book which Yogic Breathing Meditation or you can do active dance meditation.

### **(Dance Meditation For 10 Minutes)**

It is very essential to warm up the body before doing Breath Awareness Meditation (Watching Gap), I will suggest you to put good dance music tracks and move your body freely with eyes closed, like if you are possessed with dance. Let your body take over completely. Try not controlling your movements and just being total in the dance. After ten minutes of dance slowly sit down and relax for 5 to 7 minutes. Then start **Breath Awareness Meditation (Watching Gap)**

## **METHOD HOW TO DO THIS MEDITATION**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Take a few moments to simply be". Notice whatever is being experienced at the moment. sounds, physical sensations, thoughts, feelings.
- Without trying to do anything about it.
- Continue like this a little while, allowing yourself to settle down.
- Slowly bring your focus to the breath. Let the mind simply watch the breathing process as a whole.
- As the breathing continues, stop for a while after the inhalation.
- Watch the gap, the space before starting the exhalation.
- Now slowing exhale by taking the same time as it was for inhalation.
- Again, watch the gap. This can be according to the comfort level. Do not hold the breath forcefully.
- The gap between the next inhalation or exhalation is the link to the experience the silence within.
- Breathe deeper than normal and remain aware of this breathing process.
- Next, you should put emphasis on turning your breath but not on this gap. Breathing in and breathing out are two halves of one circle named breathing. These two do not meet anywhere. This breathing in and breathing out are not two separate breaths, but part of one single breath. So, the breath which goes in is the one that comes out, and this means that the breath must take a turn somewhere. There is a point of time at which the incoming breath transforms into an outgoing one.
- Do this meditation for 10 To 15 minutes.
- It will be ideal if you set an alarm or a timer.
- Now come back to natural breathing keeping hands on the side.
- Let go of the technique, slowly bring your hands & legs down and relax in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to

experience. Continue this for around 7 to 10 minutes

**Remark:**

After practice this meditation technique for few times you can try following ways:

- Observe the gap between two breaths as much as possible during the routine work.
- Observe the silence in between the notes of music, space between clouds, etc. This helps to expand the gap in the mind.

## 4 Heart Chakra Meditation

### (Psychic Tantra Breathing Meditation Technique)

**Heart Chakra Meditation** has been advised by several traditions and religions. As we know that heart chakra is in the middle of all the chakras, it is the link between those in the upper level as well as in the lower level. It is the seat of love, understanding, affection, caring and all the qualities of human nature.

The meaning of the Sanskrit word “Anahata” is unstuck. The heart chakra is associated with unconditional love, compassion, and forgiveness. Purity, caring and affection is manifested at this chakra. As this chakra becomes purified, a greater sensitivity and emotional balance radiates across the body. This chakra is considered the beginning point of divinity in man. The heart chakra is the bridge that connects and elevates the lower chakras (associated with animal instincts) with, the higher chakras (associated with spiritual growth). The real transformation in the spiritual life starts with the heart chakra; moving towards a serene and calm mind without any violence. It is here that one gets the wisdom of the true self. If consciousness is in this state, one's creativity and talent are fully manifested. “Sankalpa,” the determined desire, is fulfilled by visualization, meditation, and concentration on one's Sankalpa and heart.

#### **Objective:**

- Compassionate attitude
- Acceptance of one's own masculine and feminine emotions
- A forgiving attitude
- Self approval
- Heartfelt love and affection

This meditation technique energizes the heart chakra by opening it and allowing the energy to manifest the characteristics of this chakra. One starts understanding people through the heart with a positive attitude, and there is a component of love and affection in that approach. It creates a harmony not only within you, but

also among with your fellow beings. It helps one to grow spiritually, by all the negative thoughts. When you feel that you too are one among others, there is no room for the hatred, worries, tensions, anxieties, etc. Heart chakra has the power to accept everything with correct and matured understanding.

## **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.

## **METHOD HOW TO DO THIS MEDITATION**

### **Stage No 1 (Full Yogic Breathing) Nostril Breathing**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Bring your awareness to the body and stay in that state for a few moments.
- Witness your natural breathing process for few movements.

- Focus the concentration between abdomen, belly & chest and observe normal breathing.
- When you feel at ease, begin inhaling and exhaling deeply and slowly, Recommended breathing rhythm is around 2 to 3 seconds of breathing in & 2 to 3 seconds of breathing out without gaps.
- Initially, fill the lower belly by inhaling, followed by abdomen and then the chest by continuous inhalation.
- Next is to exhale from the chest in the beginning, followed by abdomen and then lower belly.
- One round of full yogic breath is now complete.
- Continue inhaling lower belly, abdomen then chest.
- Continue exhaling chest, abdomen, lower belly.
- During the process whole body relax, without any strain, repeat the same around 3 minutes.
- Now come back to natural breathing keeping hands on the side. Rest for 3 minutes.

## **Stage No 2 - (Open Mouth Heart Chakra Breathing)**

- Start by placing the left hand at the center of the chest on your heart chakra and right hand on the top of the left hand.
- Start breathing open mouth slowly & deeply. (Recommended breathing rhythm is around 2 to 3 seconds of breathing in & 2 to 3 seconds of breathing out without gaps).
- With each breath feel the relaxation in the space of your heart.
- While breathing in assume that the space around the chest is expanding.
- While breathing out assume that the space around the chest is contracting.
- While breathing in & out stay present & connected with the heart. Feel what's

happening inside.

- Perform mulabandha while breathing in. (while breathing in contract the perineum, the location in between the genital and anus)
- Let go of mulabandha while breathing out. (while breathing out release the contraction of perineum)
- Continue doing this for 3 to 4 minutes only.
- Let go of breathing technique, relax & rest into space of your heart for around 3 minutes.

### **Stage No 3 – (Open Mouth Breathing With Using Heart Chakra Mantra AHA)**

- Your hands are still at centre of the chest on your heart chakra.
- While breathing In, press both hands on to your Heart chakra.
- While breathing out, let go of pressing the hands on to the heart chakra.
- Make **A- H - A** Sound as it's a sound vowel of your heart chakra, continue making this sounds while breathing in & out. (Recommended breathing rhythm is around 2 to 3 seconds of breathing in & 2 to 3 seconds of breathing out without gaps).
- Continue doing this for 3 to 4 minutes only.
- Let go of breathing technique, relax, slowly bring both hands down on to your knees & rest into space of your heart for around 3 minutes.

### **Stage No 4 (Open Mouth Breathing Into Heart Chakra With Movement Of Hands Giving & Receiving Energy)**

- Start with putting both hands in front of you on the level of your chest, palms relaxed, open & facing each other inwards.

- While breathing in start bringing your hands to touch your heart.
- (Feel that you receive love and compassion from universe into the space of your heart)
- While breathing out take your hands backwards in front of your chest.
- ( Feel that you send love and compassion from your heart centre to the universe )
- Recommended breathing rhythm is around 2 to 3 seconds of breathing in & 2 to 3 seconds of breathing out without gaps.
- Stay present and feel making energy cycles while breathing in & breathing out.
- Perform mulabandha while breathing in. (while breathing in contract the perineum, the location in between the genital and anus)
- Let go of mulabandha while breathing out. (while breathing out release the contraction of perineum)
- Continue doing this for 3 to 4 minutes only.
- Let go of the technique, slowly bring your hands & legs down and relax in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 10 to 15 minutes.

## **5 Atisha Heart Meditation**

**(Buddhist Tantra Breathing Meditation Technique by Atisha)**

### **-About Atisa Buddhist Master-**

Atisha Dīpamkara Śrījñāna (980–1054 CE) is one of the greatest Buddhist master who gave this world something which humanity will always be indebted for. Atisha was said to be one of the prominent propagator of the 11th-century and he supported and promoted Mahayana and Vajrayana Buddhism in Asia and inspired Buddhist thought from Tibet to Sumatra. His main focus was on the spiritual proficiency which got the expression through both kindness towards his subjects and non-attachment towards his domestic, social, and overall life situation.

He was one of the rare Buddhist master who has acquired tantric wisdom in the himalayas in India and moved towards Tibet, where he has transformed the whole quality of Tibetan consciousness.

### **-About Atisha Heart Meditation Technique-**

Atisha Heart Meditation is a wonderfully & simple Tibetan Tantric meditation technique, which transmutes negativity at every possible level. It is believed that the practice of this technique of meditation will increase the level of love energy of the heart. If you can master this technique of meditation, then there is no need of another form of meditation.

When you breathe in, think that you are breathing in all the emotionally, hurt feelings, pain, rejection, suffering about past present future and miseries of your own life. All the darkness, all the negativity, all the hell of events, stories & memories you remember about your life, you are breathing in these memories into the space of your heart, let it be absorbed in your heart.

When you breathe out think of all the joy that you have, sweet happy memories, love, joy, compassion, All the blissfulness that you have. Breathe out and pour yourself into existence with love.

## **Effects & Benefits of Atisha Heart Meditation**

The practice of this technique of meditation will let you feel that your pain, worries and fears melting away as they are transmuted by the love energy in your heart center. You may experience aches in the heart as the heart opens more and more to love and compassion.

The more you do this meditation, the more you will find your life healed and transformed by love itself.

### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Bring your awareness to the body and stay in that state for a few moments.
- Bring your awareness to the body and stay in that state for a few moments.
- Bring your attention on to your Heart Chakra at the centre of your chest between the breasts.
- First bring both of your hands in front of your body at the level of your Heart Chakra, hands apart in shoulders distance. Palms open & facing each other.
- While you breathe in move your hands inwards & touch your Heart Chakra. (Visualize receiving energy from the universe into your Heart Chakra).
- While you breathe out move your hands apart with your palms still facing each other from the heart Chakra. (Visualize sending energy out to the universe from the Heart Chakra).
- Do open mouth breathing deeply and gently by following your own rhythm (recommended rhythm is around 2 to 3 seconds of breathing in & 2 to 3 seconds of breathing out without gaps).
- Feel the inhalation breathe come down and touch the Heart Chakra, then turn and on the exhalation the breathe goes up. Allow the breath to be refined, so that it penetrates through the location of Heart Chakra (Fourth Chakra).
- Be completely present in this breathing with every movement of the hands.
- Feeling of sending & receiving energy is more important than the physical hands movement.
- Visualize green color and place your attention on the heart Chakra (middle of the chest) to enhance the experience.
- During the breathing in and breathing out let your whole body be relaxed without any tension.

- Continue doing this for 2 to 3 minutes.
- Relax for few moments.
- Start breathing in & breathing out in the same rhythm as earlier. Do open mouth breathing deeply and gently by following your own rhythm (recommended rhythm is around 2 to 3 seconds of breathing in & 2 to 3 seconds of breathing out without any gaps).
- While breathing in & breathing out continue putting attention on to your Heart Chakra at the centre of your chest between the breasts.
- While breathing in imagine that you inhale darkness, pain, sorrow, fears, anxiety, hurt feelings in your Heart Chakra like fog. All this darkness, pain, sorrow, fears, anxiety, hurt feelings dissolve in the space of the Heart Chakra.
- While breathing out imagine that you exhale the light from your Heart Chakra.
- While breathing in & out stay present & connected with the heart. Feel what's happening inside.
- During the breathing in and breathing out let your whole body be relaxed without any tension.
- Continue doing this for 5 minutes.
- Let go of the technique, slowly lie down in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Allow emotions to come but stay detached and be present. Just relax and be a witness to experience. Continue this for 10 minutes (also recommended to use relaxation music on this relaxation stage).

### **Special Remark:**

Practicing this meditation technique can bring a lot of emotions & feelings out to be released. Childhood memories, heart feelings and emotional blockages come out on the surface. Remember that breathing can bring out only that what was unfinished within you.

## **6 Spinal Tantra Breathing Meditation**

**(A Powerful Tantra Breathing Technique Which Combines Conscious Breathing Along With Movement of Awareness through The Spine)**

Spinal Tantra Breathing Meditation this is yet another type of breathing meditation where you are breathing consciously by focusing the attention on the spine as well as on the flow of prana through the spine. As per yogic science Nadis and chakras are around the spinal cord. In this breathing technique we put awareness on the spine assuming that along with breathing in pranic force moves down from Sahasrara (Crown Chakra) to the Muladhara (Root Chakra). And the while breathing out is just the opposite of the earlier one which is while breathing out prana & awareness moves along the spine from Muladhara (Root Chakra) up towards Sahasrara (Crown Chakra).

It is visualizing the flow of the prana from the Root Chakra towards the Sahasrara (Crown Chakra) & back making rhythms. By practicing this technique, one can feel the spinal column lively. It also detaches you from your attachments of life, delusions, bad habits, addictions, unwanted behavior patterns.

### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.

- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Bring your awareness to the body and stay in that state for a few moments.
- First bring your attention onto your root chakra at the base of your spine. Increase the awareness onto the root.
- Then bring your attention on to your crown chakra on top of your head. Increase the awareness onto the crown.
- Do open mouth breathing deeply and gently by following the certain rhythm - around 3 to 4 seconds of breathing in & 3 to 4 seconds of breathing out without gaps.
- While breathing in visualize the breath moving down from the crown chakra into the root chakra along the spine.
- While breathing out visualize the breath turning & moving up from the root chakra into the crown chakra along the spine.
- Two energies flow and move through the nadis of the spine: Ida and Pingala.
- While inhaling, visualize the flow of breath from the top of the head going down towards the lower chakra at the base of the spine. While exhaling, visualize the flow of breath from the base of the spine going up towards the top of the head.
- Continue breathing in and breathing out cycles without stopping to connect the root chakra with the crown chakra along the spine.
- While breathing in & out stay present and connected.

- Move your awareness with the breath between root chakra and Heart Chakra through the spine.
- Perform Mulabandha (contract the perineum, the location in between the genital and anus) while breathing in.
- Release Mulabandha while breathing out (let go of the contraction of the perineum).
- During the breathing in and breathing out let your whole body be relaxed without any tension.
- Continue doing this for 5 minutes.
- Let go of the technique, slowly lie down in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Allow emotions to come but stay detached and be present. Just relax and be a witness to experience. Continue this for 10 minutes (also recommended to use relaxation music on this relaxation stage).

## 7 Walking Breathing Meditation

**(A Simple & Easy Meditation Technique To Make Us More Mindful Just By Breathing And Walking)**

**Walking Breathing Meditation** is a type of breathing meditation is to observe the breathing pattern while walking. In busy modern life style, we all walk every day in one situation or the other. This walking itself can be turned as mediation if both the walking and breathing can be synchronized consciously and systematically.

Walking Breathing Meditation happens when you are aware of your breathing even while walking. It makes you go deep within increasing the concentration and awareness. If the breathing process is conscious even while walking, you can easily take the mind to a meditative state. Mind is trained to be alert in each of your steps in life. With that alertness, the mind is automatically trained to be cautious and aware when taking any step in the life. This practice can be done anywhere, anytime whether you are at home, shopping mall or even in the professional life. Anyone can practice walking meditation either alone or in a group.

This walking breathing meditation helps to develop such an attitude and a state of mind. You are aware both physically and mentally. You will be able to explore your latent potential that increases the productivity in life.

Since it is completely based on your mind and the concentration, it could be done without depending on anything. You will be able to experience the joy of the mindfulness gradually. It also gives you a kind of awareness in a way that you can sense the happenings in and around you. You can feel the present moment anywhere, anytime. It is possible to come out from the usual worries and tensions in daily life if you try to live in the present moment with full awareness and joy.

**Here are instruction how you can do this Walking Breathing Meditation.**

## **METHOD HOW TO DO THIS MEDITATION**

### **Simple Steps:**

1. Find a pleasant & comfortable place to walk - either indoors or outside.
2. When you take the left feet forward, inhale.
3. When you take the right foot forward, exhale.
4. While taking each step pay attention to the sensations of walking.
5. Keep a slower pace initially to get trained. Don't worry if this kind of walking feels awkward at first time.
6. Let your mind be focused, relaxed, being present in this practice. If mind wanders into thoughts of past or future, simply come back to the practice.
7. Keep your attention & awareness on the rhythm of the walking —between movement of left and right foot. Simply notice the experience of left-right-left-right foot movement.
8. You can make the breath and steps go hand in hand slowly and consciously.

## 8 Chakra Sound Meditation

**(A Powerful Chakra Vowel Sound Meditation Technique That Use Sounds To Open And To Balance 7 chakras)**

**Each chakra** has its own frequency of vibration. It varies from the lower chakra with, the deeper sound to the higher chakra with the fastest sound. Just like each chakra has its own color, it too has its own sound. Sound is perceived through vibration. Whatever may be sound and music, it has the power to influence the inner being with an impact on the energy systems. Chakra balancing can be done by listening to music or mantra. Mantra or repetition of sound makes the body; mind and soul bring together to a meditative state. At this stage, healing occurs spontaneously creating a vibrational environment. If there is the visualization along with making a sound, it is possible to make the experience deep and powerful. Pitch of the sound depends on the level of chakra and its mantra. The lower level has the lowest and higher for the highest. Chakras located in between have the variation according to their levels.

Each mantra has a seed called as “Bija” in Sanskrit. It is the core of mantra or that chakra. While making sound, concentrate on the chakra. Repeat at least three times, it could be for more times also. Gentle and soft sounds are perfectly fine. It is not necessary that they have to be loud. Tune is not essential.

**Here is the list of seven chakras Vowel sounds:**

Root Chakra - Traditional Name: Mooladhara Chakra.

Sound: “HUUH”

Sacral Chakra - Traditional Name: Svadhishtana Chakra.

Sound: “OOO”

Solar Plexus - Traditional Name: Manipura Chakra.

Sound: “OUH”

Heart Chakra - Traditional Name: Anahata Chakra.

Sound: “AHA”

Throat Chakra- Traditional Name: Vishuddhi Chakra.

Sound: “EYE” (EEEYE)

Third Eye - Traditional Name: Ajna Chakra.

Sound: “AYE”

Crown Chakra- Traditional Name: Sahasrara Chakra.

Sound: “EEE”

## **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

### **Preparation Stage (Dance For 10 Minutes)**

It is very essential to warm up the body before doing chakra sound meditation, I will suggest you to put good dance music tracks and move your body freely with eyes closed, like if you are possessed with dance. Let your body take over completely. Try not controlling your movements and just being total in the dance. After ten minutes of dance slowly sit down and relax for 5 to 7 minutes. Then start **Chakra Sound Meditation**.

### **Chakra Meditation Techniques – using Chakra vowel sound**

**2 minutes shall be dedicated to concentrate on each chakra by gently making the vowel sound of that chakra.**

## **Stage No 1 (Muladhara – Root Chakra)**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Bring your awareness to the body and stay in that state for a few moments.
- Bring your awareness & attention on the perineum: the region located in between the genital and anus.
- It may take several seconds to find the location and for settling down the mind.
- Tone with the deepest “HUH”, as in “HuH”; keep repeating a very very low guttural sound “HUH”“ HUH” “HUH” by gently riding on your breath. Continue to repeat the vowel sound in the natural speed.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the perineum: the region located in between the genital and anus. Send this sound into your Root chakra.
- Visualizing red colour along with attention on root chakra (perineum) will enhance the experience.
- Perform mulabandha while breathing in. (while breathing in contract the perineum, the location in between the genital and anus)
- Let go of mulabandha while breathing out. (While breathing out release the contraction of perineum).
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “HUH”“ HUH” “HUH” for 2 minutes.

## **Stage No 2 (Swadisthana – Sacral Chakra)**

- Bring your awareness & attention on the sacral chakra at the sacral bone (on the lower back). Let the awareness & attention of the mind be anywhere in this location.
- Sacral Chakra is located about 2-3 inches below the navel. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched but still deep “OOO” “OOO” “OOO”, as in “you”. Keep repeating a deep sound “OOO” “OOO” “OOO” by gently riding on your breath. Continue to repeat the vowel sound in the natural speed.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the sacral bone (on the lower back). Send this sound into your Sacral chakra.
- Visualizing orange colour along with attention on sacral chakra (sacrum) will enhance the experience.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “OOO” “OOO” “OOO” for 2 minutes.

## **Stage No 3 (Manipura - Solar Plexus Chakra)**

- Bring your awareness & attention on the third chakra (Solar Plexus) - located above the navel. Let the awareness & attention of the mind be anywhere in this location.
- Solar Plexus Chakra is located above the navel. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched “OUH”, as in “go. Keep repeating a deep sound “OUH” “OUH” “OUH” by gently riding on your breath. Continue to repeat the vowel sound in the natural speed.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the solar plexus (above the navel). Send this sound into your Solar Plexus chakra.
- Visualizing yellow colour along with attention on solar plexus chakra (solar plexus) will enhance the experience.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “OUH” “OUH” “OUH” for 2 minutes.

## **Stage No 4 (Anahata - Heart Chakra)**

- Bring your awareness & attention on the fourth chakra (Heart Chakra) - located in the middle of your chest. Let the awareness & attention of the mind be anywhere in this location.
- Heart Chakra is located in the centre of the chest between the breast. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched “AHA”, as in “ma”. Keep repeating a deep sound “AHA” “AHA” “AHA” by gently riding on your breath. Continue to repeat the vowel sound in the natural speed.
- Chanting the sound of Heart chakra is connected with deep and gentle open mouth breathing – while breathing out you add the vowel sound - following your own rhythm (recommended rhythm is around 1.5 to 2.5 seconds of breathing in & 1.5 to 2.5 seconds of breathing out without gaps).
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the heart (in the centre of your chest). Send this sound into your Heart chakra.
- Visualizing green colour along with attention on heart chakra (centre of the chest) will enhance the experience.
- With each breath feel the relaxation in the space of your heart.
- While breathing in assume that the space around the chest is expanding.
- While breathing out assume that the space around the chest is contracting.
- While breathing in & out stay present & connected with the heart. Feel what's happening inside.
- This chakra is associated with the air element. So, be aware of the feeling of air with that sound.
- During chanting the vowels sound stay present & let your whole body be

relaxed without any tension.

- Continue repeating this sound “AHA” “AHA” “AHA” for 2 minutes

## **Stage No 5 (Vishuddhi - Throat Chakra)**

- Bring your awareness & attention on the fifth chakra (Throat Chakra) - located in the throat. Let the awareness & attention of the mind be anywhere in this location.
- Throat Chakra is located in the throat area between the chin and the top of the sternum. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched “EEYE”. Keep repeating a deep sound “EEYE” “EEYE” “EEYE” by gently riding on your breath. Continue to repeat the vowel sounds from 1.5 to 2.5 seconds each.
- Let the vowel sound “EEYE” “EEYE” “EEYE” vibrate in your throat region.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the throat (between the chin and the top of the sternum). Send this sound into your Throat chakra.
- Visualizing blue colour along with attention on throat chakra (throat area) will enhance the experience.
- This chakra is the location for the emergence of space for all the cosmic elements like air, water, fire and earth.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “EEYE” “EEYE” “EEYE” for 2 minutes.

## **Stage No 6 (Ajna - Third Eye Chakra)**

- Bring your awareness & attention on the sixth chakra (Third Eye Chakra) - located in the space between eyebrows. Let the awareness & attention of the mind be anywhere in this location.
- Throat Chakra is located in the middle of the forehead slightly above the eyes. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched “AYE” as in the word “my”. Keep repeating a deep sound “AYE” “AYE” “AYE” by gently riding on your breath. Continue to repeat the vowel sounds from 1.5 to 2.5 seconds each.
- Chant the vowel sounds “AYE” “AYE” “AYE” carefully, gently & softly with love - just like a small child.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the third eye (space between eyebrows). Send this sound into your Third Eye chakra.
- Visualizing indigo colour along with attention on third eye chakra (between eyebrows) will enhance the experience.
- Feel that the space is filled with this sound, and its waves start creating vibration.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “AYE” “AYE” “AYE” very gently for 2 minutes.

## **Stage No 7 (Sahasrara - Crown Chakra)**

- Bring your awareness & attention on the seventh chakra (Crown Chakra) - located on the top of the head. Let the awareness & attention of the mind be anywhere in this location.
- Throat Chakra is located on the top of the head at center. It may take several seconds to find the location and for settling down the mind.
- Tone using the highest pitched “EEE” sound, as in “me”. Keep repeating a deep sound “EEE” “EEE” “EEE” inside your consciousness. Chant internally (outside you don’t make any sound) by gently riding on your breath. Continue to repeat the vowel sounds from 2 to 3 seconds each.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the crown (top of the head). Send this sound into your Crown chakra.
- Visualizing violet colour along with attention on crown chakra (on top of the head) will enhance the experience.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “EEE” “EEE” “EEE” very gently for 2 minutes.

## **Stage no 8**

After reaching the top, return through all seven chakras in a total of 2 minutes.

## **Stage no 9**

Once your awareness reaches down to your root chakra slowly lie down in Shavasana with complete silence, eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience.

## **9 Chakra Dance Meditation**

### **(Active Meditation Based on Body Awareness on Seven Chakras)**

#### **-About Seven Chakras-**

As there are seven bodies, so there are also seven chakras, energy centres, and each chakra is connected in a special way with its corresponding body. This seven-energy centres or seven chakras are in the physical body of every human being. It's a vehicle that elevates people above petty worldly concerns. "Chakra" in Sanskrit means wheels or "spinning vortices." These seven chakras are energetic locations that regulate the state of consciousness in each and every one of us. They are positioned almost in the centre of the body. The chakras associated with our latent instincts, feelings and emotions are located in the lowest part of our body while those governing the mind and intellect are located above the heart. Chakras directly govern our psychological behavior. Chakras are directly related to our physical health, psychological behavior, and our emotional well being.

**Chakra Dance Meditation** is a form of meditation which ensures free expressive active dance along with the movement of awareness going through each chakra. Spontaneous dance is led by celebration music, usually you can start with slow music followed by fast music in the middle then slowly ending with soft slow healing music. Like traditional Indian fusion music. This meditation technique tries to arouse all our senses and body parts simultaneously to expressive dance with awareness on chakras. The usual duration of this form of meditation is around one hour which will make you enjoy the energy of life through the activation of the hidden energy of our body chakras. It is an active meditation, where bringing awareness to your body movement's help's to create transformation and enjoy the nature which is inherent in our body system. This one hour of complete involvement and complete dissolution of self in the dancing will make you feel good for a week or more. This form of meditation will ensure you're you are in a position to re-active your body energy system and releasing stress and emotions. chakra dancing balances the seven energy centers situated along the spine of our body. This technique of meditation helps in

stimulating the natural flow of energy, or chi, through the chakras, the dance leads to physical and mental well-being.

**Dancing should be practiced in open fresh air and for each chakra, enjoy dancing for around 5-7 minutes. While practicing the dancing chakras, you can keep in mind this following sequence of the chakras.**

### **Stage One**

**Root Chakra** - This chakra is located at the base of the spine below the spinal cord and near the anus.

### **Stage Two**

**Sacral Chakra** - Location: Below the belly button / lower abdomen; 2-3 inches below the navel.

### **Stage Three**

**Solar Plexus Chakra** - is located just above the navel.

### **Stage Four**

**Heart Chakra** – Location at chest level between breasts.

### **Stage Firth**

**Throat Chakra** - Location: Hollow of Throat

### **Stage Sixth**

**Third Eye Chakra** - Location: Between the eyebrows.

### **Stage Seventh**

**Crown Chakra** - Location: Top of the head at centre.

### **Stage Eight**

Let go of the technique, slowly bring your hands & legs down and relax in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 15 minutes.

### ***Chakra \_\_\_\_\_ Quality***

**First \_\_\_\_\_ Sex/Sensuality**

**Second \_\_\_\_\_ Emotions/Feelings**

**Third** \_\_\_\_\_ **Individual truth/Egolessness**

**Fourth** \_\_\_\_\_ **Love/Sacredness**

**Fifth** \_\_\_\_\_ **Creativity/Expression**

**Sixth** \_\_\_\_\_ **Psychic opening/Transcendence**

**Seventh** \_\_\_\_\_ **Bliss/Oneness**

## 10 Humming Sound Meditation

**(Tantra on Sound Based Meditation Technique from Tantra Yoga)**

**Humming Meditation Technique** is one of the simplest & easy meditation practice that can be done by any individual to experience the peace and serenity within. It opens the truthfulness and trust inside you. This technique is rooted in old Tibetan Buddhist Techniques. The energy that is within us is used to heal the self. In this humming meditation technique during the practice, the sound is brought down from the head to the body completely to make the body and mind relaxed. Once the sound is spread across the body, there is a soothing and calming effect. With the help of this effect, physical and emotional distress is released with a result of healing the heart. It will also take you to a balanced state of deeply centered well-being.

Humming meditation has numerous benefits. For those who suffer with chest problems, communication issues, throat problems, bronchitis, this technique will help to get relieved. The integration of breath and humming in this technique is one of the best ways to release the energy blocks and tension.

This process also clears and refreshes the throat.”

The sound is just “mmmm” and not any mantra. The sound created can be as lengthy as possible with comfort; that is in between breathes. Do it in a relaxed mode, without any tension. During this humming sound your energy and whole inner being are completely immersed in the vibration created through the sound. Maintain minimum gap between the sounds. Gradually, you will feel that you are just a listener and humming continues automatically without any effort.

## **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

### **Step 1:**

- Drop your shoulders and relax.
- Gently touch the lips at the same time so as to make the “hum” sound reaches the head, face, neck muscles without any effort.
- Relax the jaws.
- Playing slow music in the background is recommended for enjoying the experience.

## **Step 2:**

- Inhale slowly.
- Close the lips and exhale.
- Make “mmm” sound while breathing out. The sound generated during this practice like that of the sound generated by us by putting the face inside a vessel.
- Continue to create the sound till the end of exhalation. Make it deep and loud as far as possible. It should be natural as the deep breath is taken by the body automatically, without any effort.
- While it is a tone, it is possible to make it musical

## **Step 3:**

- Continue the practice with next breath cycle.
- Remain silent for around 10 minutes without any movement.
- Enjoy the blissful state with a pleasant and smiling face.
- This time, the energy generated through the practice enters all the cells of the body and cleanses it.
- Allow the thoughts to come and go. Just watch the mind and be a witness for the thoughts.

**Initially, it can be for 6 to 8 minutes and later, it can go up to 10 to 15 minutes.**

## **Few Benefits of Humming Sound Meditation**

- This technique takes your being and focuses to the center. It helps to settle the stress and restlessness feeling internally.
- Face keeps smiling, it fully happens with me.
- Breath rate is becomes normal.
- Unproductive thinking is lost; negativity is lost by diving into the rounds of “hmmmm”. You can experience the change in thinking.
- It activates the parasympathetic nervous system that calms down the nervous system.

## **11 Laughing Meditation**

### **(Laughter Yoga Exercises)**

There is a saying that “laughter makes you live longer”. It is proven fact that laughter is one of the best ways to relax your mind. The reason is that it drives away the tension, worries and anxieties in the mind. This is one of the simplest form of means to help your mind to take a meditative state. It is possible to experience the present moment through laughing and that itself becomes a meditation. The mental stress, tension anxiety etc. is released when laughed. A complete laughing meditation can be practiced in just three consecutive stages. The duration of each step varies between five and 20 minutes. Initially, it is stretching the body and breathing as well as making certain types of face expressions so as to stretch the facial muscles. It is followed by a complete laughter that makes you relaxed completely. So, laugh in a wholehearted matter and enjoy the experience. At this stage, laughter is the one that makes you free. You are free to do any physical movement like dancing, jumping because of laughter, rolling on the floor, etc. Finally, once you relax, then there is absolute silence, watching the breath by closing your eyes. Sit and experience those moments of absolute stillness. The benefits of this meditation technique are that it is easy for anyone who enjoys the jokes and funny situations. You can repeat it in the mind and then enjoy laughter. Secondly, this laughing exercise has the power to bring the lot of positive benefits at both the physical and mental level. It happens by releasing the mental blocks or depressed states because of unimportant situations in life and such kind of reasons. First is to giggle, second to ground yourself and finally to experience the bliss of silence.

### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow

of air and must be free from any external disturbances.

## **METHOD HOW TO DO THIS MEDITATION**

Stretch like a cat in the morning while waking up, before opening your eyes. Let each cell in your body get stretched. Start laughing with your eyes closed after three or four minutes. Simply laugh for around five minutes. Gradually after some time, because the sound created becomes a genuine laugh. Get immersed in laughter completely. Because of the influence of our phenomenon, it will take a few days for this to happen in reality. In the short span of time, you experience the reality spontaneously that brings changes in the whole nature of the day. If there is any difficulty in enjoying total laughter, there is some problem with the natural laugh.

Drink a few glasses of luke-warm salty water early morning, before taking any food and continue with it.

### **Few Laughter Yoga Exercises**

- Cell Phone Laughter: Hold an imaginary cell phone to your ear and laugh.
- Gradient Laughter: Fake a smile; giggle, then laugh slowly and gradually increase in tempo and volume.
- Greeting Laughter: Greet everybody the way you normally greet (e.g. shake hands) and replace words with laughter.
- Hearty Laughter: Spread your arms up, look up and laugh heartily as you direct your laughter to come straight from your heart.
- Think of a socially awkward situation and laugh at it (e.g. shoelaces untied, shaving cream behind your ears...)
- Ha ha-ha name introduction: make a circle. Each person says his or her name in turn and laughs.
- Happy laughter greeting: how would your laughter sound and how would you behave if you were the happiest person you know?

- Extend your hands to heaven. Concentrate on your chest and laugh "Ha ha-ha" for a minute.
- Air kiss laughter greeting: Laugh and kiss the air 3 or 4 times away one from another and laugh as you do so.
- Constant contact laughter handshake: laugh as you shake your hand with other as if to greeting them, but only let go the hand of a person when you are shaking the hand of someone else.
- Courtesan laughter greeting: take your hat off in a flurry of circles while lowering down on one knee.
- Electric shock laughter greeting: imagine that everything you touch gives you a shock of static electricity. Chant an extended "aeee" sound as you approach one finger to your target, then jump backward and laugh each time you touch it.
- Humming laughter greeting: laugh with your mouth closed as you greet people in the manner of your choice.
- Royal greeting laughter: moderately wave one hand up in the air and laugh. Namaste laughter: put your hands together in front of your chest (palms facing), and laugh as you bow your head to one another. No words need to be spoken. Namaste means "the light in me bows to the light in you".

## **12 Bija Mantra Meditation**

**(A Powerful Chakra Mantra Sound Meditation Technique That Use Sounds To Open And To Balance 7 chakras)**

Mantra is a sacred utterance, numinous sound, or a syllable revealed by ancient hindu tradition. In Sanskrit, mantra means: “man” – mind or to think and “tra”- instrument or means.

Mantras are powerful enough to generate vibration across the energetic centers in the body. One can chant the mantra mentally by repeatedly visualizing the letters in the mantra, chant slowly with lips or chant in low sound. Mantras function on vibration that occurs inside when the practitioner chants the mantra. When sound meditation is integrated with mantras, it becomes easy for the practitioner to gain the concentration as well as control the mind. Silent mantra meditation is more effective to experience higher state of mental peace and consciousness.

**“Bija akshara” or Seed Mantra** is helpful in awakening the chakras or dormant and subtle energy centers that already exist in the body. Chakra Bija Mantra Meditation activates the dormant energy already present in us by activating the seven energetic centers in the body. It is a collection of Sanskrit words, Every mantra has “Bija” mantra. Bija mantra has the power to transform the mind by activating certain energy centers of the brain. When chanted loudly or in a normal sound, it creates vibrations in the energy centers resulting in controlling of emotional tendencies of the mind. In yoga & tantra these seven energy centers are also known as chakras. So, whenever we chant a chakra bija mantra, the chakra corresponding to the mantra is activated and increases awareness on the characteristics of that specific chakra. It also creates vibration in order align these chakras with the support of the sound created while chanting.

**Here Is The List Of Sounds We Use In Each Chakra While Doing Bija Mantra Meditation:**

## **1. Root Chakra -Traditional Name: Mooladhara.**

Focus on the base of the spine below the spinal cord and near the anus.  
Chant the sound LAM.

## **2. Sacral Chakra - Traditional Name: Svadhishtana Chakra.**

Focus your attention on the sacral bone (i.e., in the lower back)  
Chant the sound VAM.

## **3. Solar Plexus Chakra - Traditional Name: Manipura Chakra.**

Here, focus on the navel area, located on the spine. Though this is called as Navel Chakra, it is a bit above the navel.  
Chant the sound RAM.

## **4. Heart Chakra - Traditional Name: Anahata Chakra.**

Focus your attention at the level of the heart – Heart Chakra.  
Chant the sound YAM.

## **5. Throat Chakra - Traditional Name: Vishuddhi Chakra.**

Focus on the throat area, the area just below the throat.  
Chant the sound HAM.

## **6. Third Eye Chakra - Traditional Name: Ajna Chakra.**

Concentrate on the area between the eyebrows.  
Chant the sound OM or AUM.

## **7. Crown Chakra- Traditional Name: Sahasrara Chakra.**

Concentrate on the top of the head, particularly the center.  
No sound complete “Silence”

## **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.

- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.

## **Preparation Stage (Dance For 10 Minutes)**

It is very essential to warm up the body before doing chakra sound meditation, I will suggest you to put good dance music tracks and move your body freely with eyes closed, like if you are possessed with dance. Let your body take over completely. Try not controlling your movements and just being total in the dance. After ten minutes of dance slowly sit down and relax for 5 to 7 minutes. Then start **Chakra Sound Meditation**.

**Chakra Meditation Techniques – using Chakra vowel sound**  
**2 minutes shall be dedicated to concentrate on each chakra by gently making the vowel sound of that chakra.**

## **Stage No 1 (Muladhara – Root Chakra)**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Bring your awareness to the body and stay in that state for a few moments.
- Bring your awareness & attention on the perineum: the region located in between the genital and anus.
- It may take several seconds to find the location and for settling down the mind.
- Tone with the deepest “LAM”, as in “LAAM”; keep repeating a very low guttural sound “LAM” “LAM” “LAM” by gently riding on your breath. Continue to repeat the vowel sound in the natural speed.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the perineum: the region located in between the genital and anus. Send this sound into your Root chakra.
- Visualizing red colour along with attention on root chakra (perineum) will enhance the experience.
- Perform mulabandha while breathing in. (while breathing in contract the perineum, the location in between the genital and anus)
- Let go of mulabandha while breathing out. (While breathing out release the contraction of perineum).
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “LAM” “LAM” “LAM” for 2 minutes.

## **Stage No 2 (Swadisthana – Sacral Chakra)**

- Bring your awareness & attention on the sacral chakra at the sacral bone (on the lower back). Let the awareness & attention of the mind be anywhere in this location.
- Sacral Chakra is located about 2-3 inches below the navel. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched but still deep “VAM” “VAM” “VAM”, as in “you”. Keep repeating a deep sound “VAM” “VAM” “VAM” by gently riding on your breath. Continue to repeat the vowel sound in the natural speed.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the sacral bone (on the lower back). Send this sound into your Sacral chakra.
- Visualizing orange colour along with attention on sacral chakra (sacrum) will enhance the experience.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “VAM” “VAM” “VAM” for 2 minutes.

## **Stage No 3 (Manipura - Solar Plexus Chakra)**

- Bring your awareness & attention on the third chakra (Solar Plexus) - located above the navel. Let the awareness & attention of the mind be anywhere in this location.
- Solar Plexus Chakra is located above the navel. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched “RAM”, as in “go. Keep repeating a deep sound “RAM” “RAM” “RAM” by gently riding on your breath. Continue to repeat the vowel sound in the natural speed.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the solar plexus (above the navel). Send this sound into your Solar Plexus chakra.
- Visualizing yellow colour along with attention on solar plexus chakra (solar plexus) will enhance the experience.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “RAM” “RAM” “RAM” for 2 minutes.

## **Stage No 4 (Anahata - Heart Chakra)**

- Bring your awareness & attention on the fourth chakra (Heart Chakra) - located in the middle of your chest. Let the awareness & attention of the mind be anywhere in this location.
- Heart Chakra is located in the centre of the chest between the breast. It may take several seconds to find the location and for settling down the mind.

Tone using a higher pitched “YAM”, as in “ma”. Keep repeating a deep sound “YAM” “YAM” “YAM” by gently riding on your breath. Continue to repeat the vowel sound in the natural speed.

- Chanting the sound of Heart chakra is connected with deep and gentle open mouth breathing – while breathing out you add the vowel sound - following your own rhythm (recommended rhythm is around 1.5 to 2.5 seconds of breathing in & 1.5 to 2.5 seconds of breathing out without gaps).
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the heart (in the centre of your chest). Send this sound into your Heart chakra.
- Visualizing green colour along with attention on heart chakra (centre of the chest) will enhance the experience.
- With each breath feel the relaxation in the space of your heart.
- While breathing in assume that the space around the chest is expanding.
- While breathing out assume that the space around the chest is contracting.
- While breathing in & out stay present & connected with the heart. Feel what's happening inside.
- This chakra is associated with the air element. So, be aware of the feeling of air with that sound.
- During chanting the vowels sound stay present & let your whole body be

relaxed without any tension.

- Continue repeating this sound “YAM” “YAM” “YAM” for 2 minutes.

## **Stage No 5 (Vishuddhi - Throat Chakra)**

- Bring your awareness & attention on the fifth chakra (Throat Chakra) - located in the throat. Let the awareness & attention of the mind be anywhere in this location.
- Throat Chakra is located in the throat area between the chin and the top of the sternum. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched “HAM”. Keep repeating a deep sound “HAM” “HAM” “HAM” by gently riding on your breath. Continue to repeat the vowel sounds from 1.5 to 2.5 seconds each.
- Let the vowel sound “HAM” “HAM” “HAM” vibrate in your throat region.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the throat (between the chin and the top of the sternum). Send this sound into your Throat chakra.
- Visualizing blue colour along with attention on throat chakra (throat area) will enhance the experience.
- This chakra is the location for the emergence of space for all the cosmic elements like air, water, fire and earth.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “HAM” “HAM” “HAM” for 2 minutes.

## **Stage No 6 (Ajna - Third Eye Chakra)**

- Bring your awareness & attention on the sixth chakra (Third Eye Chakra) - located in the space between eyebrows. Let the awareness & attention of the mind be anywhere in this location.
- Throat Chakra is located in the middle of the forehead slightly above the eyes. It may take several seconds to find the location and for settling down the mind.
- Tone using a higher pitched “AUM” as in the word “OM”. Keep repeating a deep sound “AUM” “AUM” “AUM” by gently riding on your breath. Continue to repeat the vowel sounds from 1.5 to 2.5 seconds each.
- Chant the vowel sounds “AUM” “AUM” “AUM” carefully, gently & softly with love - just like a small child.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the third eye (space between eyebrows). Send this sound into your Third Eye chakra.
- Visualizing indigo colour along with attention on third eye chakra (between eyebrows) will enhance the experience.
- Feel that the space is filled with this sound, and its waves start creating vibration.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound “AUM” “AUM” “AUM” very gently for 2 minutes.

## **Stage No 7 (Sahasrara - Crown Chakra)**

- Bring your awareness & attention on the seventh chakra (Crown Chakra) - located on the top of the head. Let the awareness & attention of the mind be anywhere in this location.
- Throat Chakra is located on the top of the head at center. It may take several seconds to find the location and for settling down the mind.
- Tone using the highest pitched “Silence” sound, as in “me”. Keep repeating a deep sound “Silence” inside your consciousness. Chant internally (outside you don’t make any sound) by gently riding on your breath. Continue to repeat the vowel sounds from 2 to 3 seconds each.
- After repeating for around 10 times, there can be a feeling that you want to pause or to continue by itself. In case the sound pauses, let it resume by its own speed.
- In the both cases, your awareness & attention has to be on the crown (top of the head). Send this sound into your Crown chakra.
- Visualizing violet colour along with attention on crown chakra (on top of the head) will enhance the experience.
- During chanting the vowels sound stay present & let your whole body be relaxed without any tension.
- Continue repeating this sound of “Silence” very gently for 2 minutes.

## **Stage no 8**

After reaching the top, return through all seven chakras in a total of 2 minutes.

## **Stage no 9**

Once your awareness reaches down to your root chakra slowly lie down in Shavasana with complete silence, eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience.

## 13 So Hum Mantra Meditation

**(One of the simplest and most beneficial meditation practices with the combination of mantra meditation and mindful breathing)**

**So Hum Mantra Meditation Technique** is one of the simple at the same time gives powerful results. The spiritual quest of the man ends with knowing the self within. The meaning of the Sanskrit word “So Hum” is “I am that”. This means that you imagine yourself as one with the existence. There is nothing like inside and outside. You are not separate from the universal consciousness. In this meditation technique while the inhalation takes place, you feel that the cosmic energy is drawn inside. Along with the breathing cycle, you should chant slowly “Sooooooooo” mentally and then slowly exhale while silently saying the sound “Hummmmmmm” and imagine that your individuality dissolves with the universal consciousness. This should be repeated as many times as possible without any distraction. Focus on the breath and contemplate on the words while chanting mentally. Once this is done consciously, the transformation of the mind from the individual to the universal consciousness takes place gradually. The person who chants and the chanted becomes one. It is basically the total union of one with the divine.

So Hum Mantra Meditation Is of the most popular mantra used in Yoga.

The word “Yoga” in Sanskrit language means “union” – with the self. And in this mantra meditation, you have become one with the self through continuous practice of this technique.

### **Here Are Few Benefits Of So Hum Mantra Meditation Technique:**

- One perceives others as part of the self; there is no duality.
- Explore the divinity present in you.
- Relaxed, peaceful and calm mind without any stress.

- Joy and happiness are experienced spontaneously.
- One can heal by himself, Self-Healing, Self Acceptance.
- Increase mental focus and concentration.

## **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- [Chin mudra](#) is the preferred hand mudra
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

- Be seated in a comfortable posture with crossed legs. Sitting on chair as well as lying on the floor is also fine to do this meditation
- Bring your awareness to the body and stay in that state for a few moments.
- If felt necessary, set the alarm for around 10 to 15 minutes.
- Through the nose, take five deep breaths, five times. This is to oxygenate the blood and for relaxation.
- Try to be in stillness as long as possible.
- Along with the breathing cycle, you should chant slowly “Sooooooooo” mentally and then slowly exhale while silently saying the sound “Hummmmm”
- Imagine that your individuality dissolves with the universal consciousness.
- Repeat this at least for half the time and feel that the awareness is expanding and uniting with the universal consciousness.
- Feel that the meaning of this mantra is working on you.
- Continue like this for 10 minutes.
- Let go of the technique, slowly lie down in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Allow emotions to come but stay detached and be present. Just relax and be a witness to experience. Continue this for 10 minutes (also recommended to use relaxation music on this relaxation stage).

## 14 Name Mantra Meditation

**(Sound Based Meditation Technique From Kashmir Shaivism - Vigyan Bhairav Tantra)**

**Name Mantra Meditation Technique** is one the sound based techniques mentioned in Kashmir Shaivism, Vigyan Bhairav Tantra. In this meditation technique one has to continually repeat his own name, since in modern world we get many names so first just check which you feel connect most lot time it will can the one you got is when you were born. For example your name is “sita” you call & repeat your name “sita” “sita” “sita” “sita” use different pitch, tone loader, softer keep repeating your name. during the process you might even start cry with love, laugh, smile, feel extreme joy or deeply rooted childhood memories & feeling come out but keep chanting & calling your name don’t ne attached to it.

This meditation technique gives you clear realization that your name & your personality is part of you but not you. your name might belong to your body or mind but you are more than the body, mind or identity. It is the identity with your name and body that is the main hindrance in getting liberated.

Chanting your name as mantra continuously again & again is one of the powerful and simple tool to expand the consciousness. It is a simplest yet very powerful meditation which can also give you clear realization about your problems, issues, fear, limitation, judgments & projections are part of your identity (personality) and you are much more than that.

### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.

- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Bring your awareness to the body and stay in that state for a few moments.
- Eyes can be open or close.
- Start by calling & repeating your own name as a mantra.
- For example if your name is sita continuously calling & chanting “Sita “Sita“ “Sita“. Like you want “Sita “to listen to you.
- Use different pitch in calling your own name like soft, slow, long, loud, and gentle.
- Use feeling & emotions, call yourself with love, joy & smile.
- Be total in the calling. Let the body get immersed in the vibrations created by sound of your own name.
- Continue like this for 10 to 15 minutes.
- Let go of the technique, slowly lie down in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Allow emotions to come but stay detached and be present. Just relax and be a witness to experience. Continue this for 10 minutes (also recommended to use relaxation music on this relaxation stage).



## 15 Aum Mantra Meditation

### (Traditional Mantra Meditation Technique from Kashmir Shaivism - Vigyan Bhairav Tantra)

Mantra is a sacred utterance, numinous sound, or a syllable revealed by ancient Hindu tradition. In Sanskrit, mantra means: “man” – mind or to think and “tra”- instrument or means. Mantras are powerful enough to generate vibration across the energetic centers in the body.

“AUM” is most powerful mantra meditation technique from Kashmir Shaivism - Vigyan Bhairav Tantra, Vigyan Bhairav Tantra is a 4500 year’s old one the most sacred text in Hinduism which consist of 112 meditation techniques of enlightenment given by lord Shiva to goddess Parvati. It is believed that there is no sound in this universe that excludes the sounds of three alphabets in “AUM”. It is a combination of three alphabetical sounds – A, U, M, representing the sound in the human head, heart and the navel.

This is the technique by which one should follow – ‘A’ to ‘U’ and from ‘U’ to ‘M’. Mantras are common in the pujas performed as part of the tradition, in India. These three letters in the syllable are considered as the three states of consciousness.

First one, uttered with the open mouth is the waking state. In Sanskrit, it is called as the “Jagrat”. This means the mind is extroverted or is towards the external world. Next alphabet uttered by closing the mouth partially, is the state of dreaming. “Swapna” is a term in Sanskrit for this state. The final one, pronounced with the mouth closed, is a deep sleep state: “Sushupthi” in Sanskrit.

### Four Stages of Consciousness With Relation to Aum Mantra:

1. Lower curve: Gross, Conscious, Waking states: (first alphabet “A” in AUM) n Sanskrit, it is called as the “Jagrat”

2. Center curve: Unconscious, Subtle, Dreaming states (second alphabet “U” in AUM)
3. Upper curve: Subconscious, Casual, Deep Sleet level (third alphabet “M” in AUM)
4. Bindu, dot, point: representing the fourth stage, the state of all pervading consciousness, the transcendental state that covers everything in this universe – Turiya (the state of silence after A, U, and M of AUM mantra)

Aum mantra meditation technique has four stages, in first stage you start chanting “AUM” “AUM” “AUM” loudly & continuously overlapping mantra “AUM” “AUM” “AUM” with your total intensity. Try not to stop & keep repeating mantra “AUM” “AUM” “AUM”.

In stage two everything remains same but this time you keep chanting “AUM” “AUM” “AUM” inside your consciousness. In third stage you must bow down your head so that your chin touches your neck it’s a gesture of surrender. In this stage you try to hear & feel the sound of “AUM” inside your body. In fourth stage let go of the technique, slowly lie down in Shavasana with complete silence with eyes closed.

## **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- [Chin mudra](#) is the preferred hand mudra
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

### **Preparation Stage (Dance For 10 Minutes)**

It is very essential to warm up the body before doing Aum Mantra Meditation, I will suggest you to put good dance music tracks and move your body freely with eyes closed, like if you are possessed with dance. Let your body take over completely. Try not controlling your movements and just being total in the dance. After ten minutes of dance slowly sit down and relax for 5 to 7 minutes. Then start **Aum Mantra Meditation**.

### **Stage 1: 7 Minutes.**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Bring your awareness to the body and stay in that state for a few moments.
- Maintaining the eyes half closed state, observe the tip of the nose. Chant repeatedly the mantra “AUM” “AUM” “AUM” – with maximum loudness.
- Use the complete strength. Let the body get immersed in the vibrations created by the mantra AUM.
- Repetition shall be in such a way that one is overlapping with the one before. There shall be no gap left between the two. This keeps the mind away from intruding.
- Continue like this for 7 minutes.

### **Stage 2: 7 Minutes.**

- Keep the eyes closed. Keep the tongue in such a way so as it touches the roof of the mouth.
- Now internally chant the mantra AUM. Keep the same speed like the previous stage.
- This should be done in a way to fill the whole body with “AUM”.
- The vibrations should tremble from the toe till the head.
- Continue like this for 7 minutes.

### **Stage 3: 7 Minutes.**

- Try to listen and experience the mantra AUM inside by dropping the chin towards the chest.
- This is like the head has been cut off, and there is no life. Observe like a witness.
- Silently listen to the subtle sound, Continue to remain in this state for 7 minutes.

### **Stage 4: Around 7 To 10 Minutes.**

- Let go of the technique, slowly bring your hands & legs down and relax in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 7 to 10 minutes.

## **16 Meditation Technique on Centering**

**(Closing the seven openings of the head with your hands, a space between your eyes becomes all inclusive. - Meditation Technique From Kashmir Shaivism - Vigyan Bhairav Tantra)**

Closing the seven openings of the head with your hands, a space between your eyes becomes all inclusive. –It's a simple yet very powerful meditation technique from Kashmir Shaivism - Vigyan Bhairav Tantra is a 4500 year's old one the most sacred text in Hinduism which consist of 112 meditation techniques of enlightenment given by lord Shiva to Parvati.

Our consciousness moves out through five senses, In this meditation technique by hands we close all the seven opening of our head like eyes, nose, ears and mouth. By doing so our consciousness, which was continuously flowing out, stops & suddenly: it cannot move out. And as our consciousness remaining in it becomes concentrated between these two eyes, this spot is known as the third eye. Our Third eye became alive. Consciousness comes back & settled on it source. As this technique is related to third eye it not recommended for someone who is emotionally not balance. This technique is suited for people who in their heart centre with love & compassion.

I recommend try this technique hardly 10 times in a week & see the results if you like then you can continue. It can give very profound spiritual experiences which lot of times can't even be explained to people.

### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.

- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

- Sit straight in a comfortable posture. You can place the hands on knees, keeping palms up or down.
- Bring your awareness to the body and stay in that state for a few moments.
- By your hands close all the seven opening of head.
- Closing of the ears with the thumbs.
- Closing of the eyes with second fingers resting on the eyelids.
- Closing of the nose with the third finger,
- Closing of both lips to close your mouth.
- Hold it As long as you can.
- After few seconds you might feel it's too much now you cannot hold more still hold is for 5 or 10 seconds more.
- Then you can let go or it will be natural let go coming as response from body.
- You might feel that your third eye centre became more alive & your attention is focused there.
- You can take 2 or 3 minutes break until you repeat the technique again.
- Try this for 3 to 4 times in day only.
- Let go of technique & just relax & look inwards for 5 to 7 minutes.

## 17 Visual Meditation Technique

**(Eyes closed, See your inner being in detail - From Kashmir - Shaivism  
Vigyan Bhairav Tantra)**

**Eyes closed, See your inner being in detail thus see your true nature.** This a simple yet very powerful passive meditation technique from Kashmir Shaivism - Vigyan Bhairav Tantra, Vigyan Bhairav Tantra is a 4500 year's old one the most sacred text in Hinduism which consist of 112 meditation techniques of enlightenment given by lord Shiva to Parvati. This technique is more for the visual people who see the world, or try understanding the word through eyes.

Before practicing this technique, it is advisable to calm the body and mind so that the experience is good and fruitful. Any type of dance meditation & breathing meditation is the ideal one to be practiced before this meditation.

### **Preparation Stage Choice**

Since it is not easy for many people to directly enter in passive meditation there can few options to prepare mind & body. Either you can do any type of yoga asanas or you can do first meditation technique from this book which Yogic Breathing Meditation or you can do active dance meditation.

### **(Dance Meditation for 10 Minutes)**

It is very essential to warm up the body before doing Visual Meditation Technique, I will suggest you to put good dance music tracks and move your body freely with eyes closed, like if you are possessed with dance. Let your body take over completely. Try not controlling your movements and just being total in the dance. After ten minutes of dance slowly sit down and relax for 5 to 7

minutes. Then start **Visual Meditation Technique**.

Once you do any meditation from above or any other meditation you like, in last stage when finish then in lying down in shavasana (corpse pose).

Visual Meditation Technique is done in shavasana here you need to still your eyes between your two eyebrows completely, try not to move your eyes till it gets darker & darker. You need to stop all the movement in your eyes, you will start to see images of the external words, this are internal images of the external world. Still let your eyes be fixed like a stone or just blank. In few minutes you might be able to look yourself from inside, now you can move your consciousness throughout your body try see each part of your body one by one.

## **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.

## **METHOD HOW TO DO THIS MEDITATION**

- Lie down on your back in shavasana (corpse pose) on the ground.
- Keep your legs comfortably apart and perpendicular to the shoulders and let your toes face to the sides, and your knees relax completely starting from the tip of the toe.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles.
- Let your eyes be totally closed there should be no movement of your eyes.
- (as movement of eyes is a sign of looking at the pictures, images, things & memories of external world)
- Stop all the movement of your eyes, eyes must stay completely still, like a stone.
- Once eyes became completely still, now you can move your consciousness into your body by looking on to your body from inside.

- You will be able to move your consciousness limb by limbs, toe, feet's, knees, thighs, belly, chest, hands, shoulders, head, see yourself in details.
- You might get very sensitive feeling while moving through each part of the body, that part will became more alive, looks at it with love & compassion.
- You can experience separation from the body as if you can look at your body you must be different from it. (as the observer cannot be observed)
- Continue doing this for 10 Minutes.
- Let go of the technique, slowly bring your hands & legs down and relax in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 7 to 10 minutes.

## **18 Tratak (Eye Gazing meditation)**

### **(Eye Gazing Technique to Enhance the Concentration Power of the Mind)**

Tratak (Fixed Eye Gazing) is an ancient yogic technique that increases the concentration of the mind. In Sanskrit language the meaning of the word “trataka” is “to look” or “to gaze”.

Tratak ceases the disturbances in the mind by improving the ability of concentration by focusing the mind to single point, dot or an object.

Practicing this meditation technique increases the memory power as well as brings the awareness, alertness and focus.

Determination is very much essential to get maximum benefit out of this technique. Eyesight should be fixed on the “dot” without any external distraction and internal distractions through thoughts.

This meditation technique helps to enhance concentration, memory and intellect.

To perform this meditation technique you need to take white paper & make a very small dot by black pen at the centre of the paper. Choose the place to practice this meditation technique and fix that paper on the wall exactly at the level of your eyes in front of you around in 12 to 18 inches distance. Focus completely on the “bindu” or the dot on the wall. Your mind and a sense of seeing are completely focused on this “dot” throughout the duration of practice without eye blinking.

After few minutes of continuous eye gazing on the dot without blinking tears might come into your eyes - still continue the process. Your mind will start to move out from the dot to some memory of past or creating some future memories - you must keep bringing your mind back on to dot again and again. This way we train our mind to bring single pointed focus and increase concentration. After few days of practice the concentration increases gradually throughout the day on any activity you perform.

## **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck should be straight, spine upright, and erect.
- Head should be straight like you are watching someone in front of you, this allows your mind to calm down.
- Keep eyes closed throughout, no strain should be felt in neck or facial muscles, also try to relax your shoulders, arms, and thighs before meditation.
- For the preferred sitting asanas please check [List Of Sitting](#)

## **METHOD HOW TO DO THIS MEDITATION**

- Before starting Tratak “Dot” meditation it is essential to be in a comfortable and relaxed position.
- The place chosen for meditation practice must be calm and quiet, must have free flow of air and must be free from any external disturbances.
- Sitting posture must be perfect for meditation. Neck shall be straight, spine upright and erect.
- For this technique, you can simply use a yellow stick paper or any white paper. And use a marker to make a small black dot at the centre on a piece of paper.
- Stick or attach a piece of paper to the wall, at your eye level with distance of 12 to 18 inches between you and wall. (Depending on if you are sitting down on the floor or seated on chair).
- Now begin Tratak “Dot” meditation by gently gazing at the black dot (continue to stare at the dot intently, without straining your eyes )
- Try just focus & remember only one thing “Dot” “Dot” “Dot”
- forget the rest of world for the dot.
- Try not to blink your eyes throughout the meditation (it is ok if the blink happens few times)
- After few minutes your eyes might feel even the slightest strain, or begin to water, try not to close your eyes & continue to stare at the dot.
- Continue to gaze on dot without blinking.
- Mind will bring some thoughts about future or past to take your attention away, but you again & again keep bringing attention back on to the dot.
- Continue this meditation for a minimum of 10 minutes or maximum 15 minutes.
- Let go of the technique, slowly lie down in Shavasana with complete silence, eyes closed. Just remain in silence and don't focus on anything in particular.

Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 10 minutes.

## **Benefits of Tratak Meditation**

- Concentration, memory and mental power increases tremendously.
- Confidence, intellectual ability and patience increases.
- Work efficiency and sense of responsibility increases.
- One becomes self-motivated with foresight.
- Will power strengthens with decision making power.

## **Dos of Tratak Meditation**

1. Ideal time to perform this Kriya is in the morning or evening.
2. Bowels must be empty similar to that of regular exercise.
3. Maintain the stability of the peaceful state of the mind.
4. After the practice, cover the eyes for 10 minutes with a wet cloth.

## **Don'ts of Tratak Meditation**

1. First like any other activity, overdoing of tratak is dangerous.
2. Tratak meditation should not be practiced just after taking heavy food.
3. People with high blood pressure are advised not to perform Tratak.
4. It's important not to strain your eyes throughout this meditation technique. If you are having any problems with eye strain, please do not do this practice tratak meditation.

## **19 Gurdjieff's Stop Exercise**

### **(Stop Dance & Stop Exercise Meditation Technique)**

Stop Dance Meditation is a simple way of stopping mind. This meditation technique known as “Gurdjieff’s stop exercise”. it ‘s a wonderful meditation technique used and taught by a unique sufi spiritual master Gurdjieff, he use to give exercises to his disciples to move, walk, dance, shaking, jumping, laughing, crying or allow them to do whatever they wish to do. Then suddenly he will shout “Stop”. It was a signal to stop any activity they were doing irrespective of where they were. It was to stop the activity by freezing themselves in that position when he shouts “Stop”

This sudden stopping makes them experience the silence within. Then again suddenly he say start again then again they can move & do whatever they wish to do. Then again he will shout ‘Stop’

For example, if the disciple was doing something by raising the hands and if, at that time, He shouts “Stop”, they should stop and freeze like a statue in that position. It may be when the eyes, as well as the mouth, were open; leg was raised for the next step in walking, etc. At the moment when shouted, they should remain like a statue without any movement. They are frozen in the position where they were. After some time, He will tell to continue the activity whatever they were doing, and as it continues, He will again say “Stop”.

Below is the modern version on this powerful meditation technique to stop the mind.

### **Stop Dance Meditation**

## **METHOD HOW TO DO THIS MEDITATION**

This Meditation can be done for small or large number of groups. You can choose different fast and energetic dance tracks.

### **Stage 1 (20 Minutes)**

- Start some music dance or move anywhere as per the convenience. Dance joyfully to merge in dancing fully, after few minutes, suddenly Stop the music. Once the music Stops everybody Stops and become like a statue.
- Remain like a statue for the next few minutes with an awareness of what's happening inside and what's happening outside. After some time, the music is resumed again and starts the dance.... This process of stopping and resuming is repeated for many times using different intervals between stops & duration of music.

### **Stage 2 (15 Minutes)**

- Let go of the technique, slowly bring your hands & legs down and relax in Shavasana with complete silence with eyes closed. Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 7 to 10 minutes.

## **20 Sufi Whirling Meditation**

### **(Sufi Whirling Meditation Technique)**

**Sufi Whirling Meditation Technique Learn How to spin like a dervish without getting (too) dizzy.**

**Sufi Whirling Meditation Technique** is a powerful technique formulated by Sufi mystic (Jalal ad-Din Muhammad Balkhi-Rumi).

#### **-About Rumi and his culture-**

Whirling is an ancient devotional meditation practice associated with Sufism; It originated among community Sufism by Jalal ad-Din Muhammad Balkhi-Rumi, in 13th-century in Persia in the late 1200s. As the dervishes turned, they fell into ecstatic, trance-like meditative states. As part of a spiritual growth, whirling is supposed to help you abandon your ego and, ideally, achieve union with God.

#### **-About Sufi Whirling Meditation technique-**

In this technique, the body movement is circular, with a focus on the stillness of the mind. Arms are outstretched as a symbol of expanding the mind and consciousness. You assume that you are also part of the cosmos, merging with it. Whirling is usually done by the children and this creates a childlike attitude.

#### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.

## **METHOD HOW TO DO THIS MEDITATION**

### **First Stage: 15 minutes**

- Eyes shall be kept open with a feeling to experience the body center
- Arms to be lifted up to shoulder with the right palm up and left low, palm down
- Start turning the axis. Body should then be softened and relaxed It must be started slowly so as to become a whirlpool of energy. It is the edge of a storm of movement.
- Slowly whirl clockwise. Anti-clockwise can also be tried if the other is difficult. As per the rule, it is clockwise.
- Also left handed people may find it difficult to move in a clockwise direction.
- Increase the speed gradually as the enjoyment of whirling starts.
- Be aware one can get dizzy when it becomes too faster.
- Continue whirling around 7 to 15 minutes or up less time up to your own capacity.
- Slowly- Slowly decrease the speed of the whirling so that the movement you feel comfortable you can lie down on the floor.
- If you fall down it is also ok make you sure you lie down or fall by facing the earth & your belly should have direct contact with the mother earth.
- While lying on the earth, imagine as if you are lying on the breast of the mother like a small child.
- Just remain in silence and don't focus on anything in particular. Allow yourself to become aware and watch whatever is happening inside your body. Just relax and be a witness to experience. Continue this for around 10 to 15 minutes.

## **Some more important key points for help**

- Stomach should be empty.
- This meditation technique can be harmful for a heart patient.
- Try use loose and comfortable clothing during practice.
- During the practice, the focus should be, not on the external things, but in the inner being and space.
- Those who feel dizzy or uncomfortable while seeing the movement of things outside can look at the palm of the right hand during the whirling.

## **21 SanKalp Meditation Technique**

### **(Tantra Yoga Kriya To Develop Will Power)**

Will Power is the strength of mind to carry out one's decisions, wishes, or plans. SanKalp is a statement with a commitment.

SanKalpa is the power of the mind to execute an intense desire that has sprouted from the heart. According to Sanskrit language, the word “san” is the link of our inner being with the highest truth and “kalpa” means statement and at the same time a commitment. In other words, “Sankalpa” can be a good habit, a behavior, a goal, a desire or a certain activity, which you want to make a part of your daily life.

SanKalp meditation helps to get that goal unveiled, explore it and utilize for good and divine purposes in life. The more intense the desire you have, the higher the chances for this desire to happen. This meditation is based on visualization and imagination of an action or an activity you want to happen. Will power is one of the important qualities of the mind which is essentially required for any activity in life. Increase of will power naturally boosts the self-confidence.

In life many times our conscious mind dreams, desires & wishes are different from dreams, desires & wishes of our body. Lot of times we know exactly what has to be done to get or achieve something that we want in life. But still we don't perform that actions because the body is not interested in those actions to be taken. In fact, the body is lazy and occupied with unnecessary behavior patterns which don't serve your goals.

Sankalpa meditation is a technique of sending the clear message to each cell of the body that you are the master and what do you want to achieve in your life.

### **Meditation Tips Before We Get Started...**

- It is essential to be in a comfortable and a relaxed position before beginning any meditation practice.
- The place chosen for meditation practice must be calm, quiet, have a free flow of air and must be free from any external disturbances.

## **METHOD HOW TO DO THIS MEDITATION**

- Start by lying down on your back by placing the arms and legs perpendicular to the shoulders. (Is called as the corpse pose or Shavasana.)
- Close your eyes and make spine straight.
- Relax your whole body
- Allow yourself to breathe naturally for a 1 or 2 minutes, letting out any tension in your body (neck, shoulders, arms, chest, legs etc.) and calming your mind.
- Set your intention – be clear and focused on what message you want to send inside your body & the subconscious mind. For example - if you want to go deeper into your meditation, then while inhaling, hold the breath inside as long as you can,
- Start saying & repeating again & again the intention inside in your consciousness.

“I want to go deeper into my meditation”

“I want to go deeper into my meditation”

“I want to go deeper into my meditation”

- Hold the breathe in & repeat the intention as long as you can.

- Now slowly breathe out and again hold the breathe out

- Start saying & repeating again & again the intention inside in your consciousness

“I want to go deeper into my meditation”

“I want to go deeper into my meditation”

“I want to go deeper into my meditation”

- Hold the breath & repeat the intention as long as you can.

- Repeat this cycle 4 more times only. ( inhalation & holding the breath in + exhalation & holding the breathe out equals 1 cycle )

- Another variation for this meditation is, while you hold the breath in or hold

the breath out, you can remember and bring all the good things, events & memories about your life.

### **Special Remark:**

Don't say anything what you don't want. For example, you can't say

"I don't want to get up late in the morning ". You should say "I want to get up early in the morning"

Have respect for this meditation technique as it is ancient tantric kriya used for thousands of years to go deeper into meditation & set the goal clearly on what you want to achieve in life.

## **Author's Bio:**

Shiva Girish is a professional and skilled Meditation Teacher for kundlini tantra yoga, kriya yoga along with active & passive meditation techniques of Vigyan Bhairav Tantra.

Last 4 years he has been conducting classes, workshops and training in various parts of India and abroad. One of the unique feature of the meditation classes & intensive workshops offered by him consist of powerful tantra kriyas and seven chakra based psychic tantra for couples as well as for individuals. The ease with which he teaches breathing techniques, advance pranayamas, ancient Himalayan meditation techniques based on sound, breath and visual techniques are something which one can rest assured this teacher can deliver effortlessly and the learning experiences under him is really an enjoyable experience.

Shiva Girish has written a number of excellent books on various forms of meditation and yoga that could use by people today to guide them in their daily lives.

Most important fact about these books is not just for reading and understanding, but in fact it's for reading & practicing and then understanding by your own experience. all books are based on fact, sources where is comes from along with techniques with proper guideline how any laymen can practice it in daily life.

## **Books By Shiva Girish**

### **21 Meditation Techniques**

**This 21 Meditations Book is a collection of varied meditation techniques that have been practiced over centuries in some of the oldest spiritual traditions of the world.**

This 21 meditation techniques are proven to be not only relaxing on the mind but also release emotional blockages, prepare body to handle deeper states of meditation and enable individuals to unveil the spiritual power within them. These techniques are compiled from following sources taught by greatest masters from different cultures in past centuries. ( Patanjali Yoga Sutra, Buddhist meditation technique by Atisha,

Kriya Yoga & Tantra Yoga techniques By Babaji, Sufi techniques by Gurdjieff & Jalaluddin Rumi, Kashmir Shaivism - Vigyan Bhairav Tantra by Lord Shiva)

### **The Path of Kriyas Practice**

**A Step-By-Step 21 Guided Kriyas Meditations Designed To Unfold Your Spiritual Power & Inner Peace.**

Those who want to experience inner peace at mind, remove emotional blockages from body, connect with their own heart, live in present movement joyfully and have taste of their own bring then they can take full advantage of this book. The 21 kriya yoga techniques mentioned in this book is a collection of kundlini tantra yoga & kriya yoga techniques which give benefit to any individual based on their own requirement.

### **Tantra Meditation for Individuals**

## **A Step-By-Step 21 Guided Psychic Tantra Breathing Meditations Techniques To Unfold Your Spiritual Power & Inner Peace Within Individuals.**

Every individual has the innate spiritual power and the Tantra Meditation for Individuals book is designed to unleash such power in every individual. This book consists of 21 psychic tantra breathing techniques based on opening chakras to uncover inner peace within every individual. This book also contains detailed facts & information about the seven chakras, Pranas and Nadis and about the four most common sitting asanas. Techniques of this book also play key role for preparation for so later you can practice it with your partner.

## **Tantra Meditation For Couples**

## **A Step-By-Step 21 Guided Psychic Couple Tantra Breathing Techniques To Unfold Divine Sexuality, Love, Intimacy And Ecstasy Within Couples.**

Men & women can meet each other at 6 different levels to support each other in spiritual evolution. This groundbreaking book provides in-depth details about 21 partner tantra meditation techniques about the Seven Chakras and their importance in the ecstatic union between a man and a woman.

## **Seven Wheels Of Life**

## **A Comprehensive Beginners Guide To Learning And Balancing Seven Chakras.**

As there are seven bodies, so there are also seven chakras, energy centres, and each chakra is connected in a special way with its corresponding body. This book consists of detailed facts & information about the seven chakras and what role they play into the lives of people. Having an in-depth understanding of these chakras can help people better understand their individuality and could assist them in unleashing their body's innate ability to heal. It also enables them to manage their emotions and maintain the right alignment of their mind, body and

soul.

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- 7 Days Certified Tantra Yoga Kriyas Teacher Training Course.
- 14 Days Certified Advance Tantra Meditation For Couples Course.

**For More Info About Shiva Girish Please Visit  
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**Truth Is God & God Is Beautiful**

**This Techniques Are Complied  
From Following Sources Taught  
By Greatest Masters From Different  
Cultures In Past Centuries**

**Patanjali Yoga Sutra  
(Hatha Yoga)**

**Buddhist Meditation Technique  
(By Atisha Buddhist Master)**

**Kriya & Tantra Yoga  
(By Babaji)**

**Sufism By Gurdjieff & Jalaluddin Rumi  
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